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Alan Davies is not up the Creek with these Little Victories

see leisure on page 49



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January 18, 2015

Issue number: 1,032

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£1 WHERE SOLD

Backlash against plan to increase funding for cops

BY NICK SMITH

nick.smith@lutononsunday.co.uk

'IRRESPONSIBLE' plans to increase the amount paid by taxpayers to fund our police force have been slammed by a councillor.

An increase of 15.85 per cent to the police precept, which will come into effect before taxpayers have a chance to vote on it, has been proposed by Bedfordshire Police and Crime Commissioner Olly Martins.

The proposed hike would see those in Band A for council tax paying £16.53 extra a year, while those in Band D would pay £24.80 more.

Any increase over two per cent automatically triggers a referendum.

The idea has been met with fierce opposition from Cllr David Franks, leader of Luton Liberal Democrats.

Cllr Franks said: "It's the most irresponsible thing I've ever seen from an elected official to even suggest an increase of this size, let alone thinking about pursuing it."

When asked if he thought there was any chance the people of Bedfordshire would vote in favour of the increase, he said: "Anyone with half a brain could see there is no way people would vote for this."

An unofficial poll carried out by *Luton on Sunday* revealed that 71 per cent of people were not in favour of a 15.85 per cent increase of the amount paid to police.

But taxpayers may end up having to stump up the extra cash regardless.

If a referendum does happen it will be on May 7, while any changes will have to come into effect over a month

before any votes are cast at the start of the financial year on April 1.

Mr Martins said government legislation means the referendum can only take place on the same day as the general election.

If there is a no vote, the amount charged will revert to 1.99 per cent, the most the precept can be raised by without a referendum.

But this could mean administrative chaos for Luton Borough Council and Central Bedfordshire Council - who would need to ensure residents were being charged at the correct rate.

The fresh round of billing would take time and also cost money, which the councils would charge back to Bedfordshire Police.

All the while, leaving taxpayers out of pocket.

Cllr Franks, leader of Luton Liberal Democrats was particularly scathing of the effect that a no vote will have on local councils.

He said: "To be honest, if he goes ahead with the referendum and loses it I think he should pay all the costs from his own pocket."

In response to the comments from Cllr Franks, Commissioner Martins said: "The referendum will only be going ahead if I feel there is a strong possibility of a yes vote."

"The majority of people I have spoken to are in favour of spending a bit more a year if it means extra police officers across the county."

The precept currently accounts for 21 per cent of the force's funding.

The proposed extra amount would guarantee 100 more officers until 2021, Mr Martins said.

Still gets freedom of borough



LUTON Town's manager has been given the freedom of the borough in recognition of his achievements guiding the club back to the Football League last season.

John Still said he was 'very, very proud' to have received the honour.

He was presented with the award at a ceremony on Thursday in recognition of him getting the club promoted back to the Football League, putting an end to one of the team's darkest eras.

The Hatters were promoted last season after five years playing non-league football. Still has been manager at Kenilworth Road since March 2013, having joined after 10 years as boss of Dagenham and Redbridge.

Also receiving the honour were two former councillors, Labour politician Lord Bill McKenzie of Luton and Viv Dunnington, former leader of Luton Conservatives.

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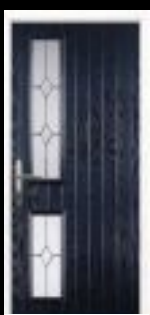
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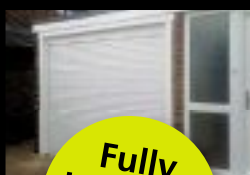
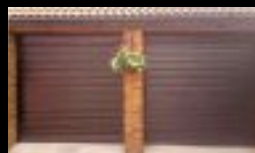


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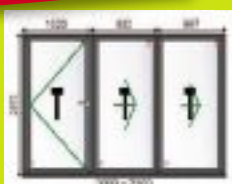
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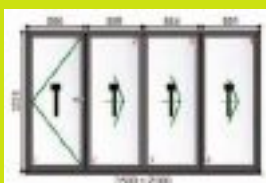
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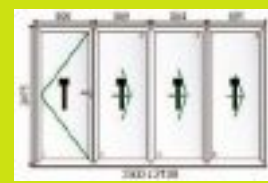
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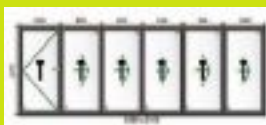
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Sharon Hobday
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Advertising: 01234 304403
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NEWSDESK

Editor: Sarah Cox
News editor: Kathryn Cain
 editor@ltnmedia.co.uk
Newsdesk: 01582 707707
Picturedesk: picturedesk@lutononsunday.co.uk

SPORTSDESK

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Faruk police footage won't be released yet

BY NICK SMITH
 nick.smith@lutononsunday.co.uk

BEDFORDSHIRE Police may not release footage of the alleged assault on an autistic man - even at the conclusion of an internal investigation.

It was announced by Superintendent Mark Upex on Monday the tape would only be considered for release after the Independent Police Complaints Commission's investigation into the two officers had ended. A spokesman for Bedfordshire Police said: "The decision to release the tape is not one that Bedfordshire Police can currently make as it still forms part of an ongoing misconduct investigation being conducted by Leicestershire Police."

"At the conclusion of the misconduct process the question of whether the tape could be released will be discussed again. What must always be paramount in any decision to release the tape is the welfare of Faruk Ali."

This response drew anger from those close to the autistic man.

Attiq Malik, lawyer for Mr Ali and his family, said: "If the welfare of Faruk Ali was at the forefront of their mind the matter would already have been addressed and resolved. The



FIGHT FOR JUSTICE: Faruk Ali, 33

assertion that the non-release of the recording is for Faruk's benefit and welfare is amazing and curious. We would be interested to learn precisely how it is envisaged that release of the said recording could be harmful to Faruk in any way.

"No one is better positioned to make this call than his family, by way of their in-depth knowledge of Faruk's medical condition and factors which would exacerbate his condition as well as having the personal love and

affection for him to ensure that no harm comes to him. For Bedfordshire Police to dictate as if they know better is unacceptable."

"It is in light of such representations by Beds Police, as quoted by yourselves, that more transparency is needed to fully explain their conduct and actions, so as to instil trust and confidence back into the community of Luton."

The tape is alleged to contain racist remarks made about Mr Ali by PC Christopher Thomas and PC Christopher Pitts, who were cleared of racially aggravated assault of Mr Ali last month.

On Sunday more than 100 people took to the streets of Luton to protest against Bedfordshire Police.

This was followed by speeches by key campaigners outside Luton Police station.

One of the main purposes of the event, at least relating to Mr Ali, was for footage - which has been seen in court by the judge, jury, legal representatives and his family - to be brought into the public domain.

The police spokesman added: "There is a significant difference to a tape being played in court under controlled conditions and it being released into the public domain."

Ex-deputy PCC is cleared and will now 'seek justice'

A FORMER deputy Police & Crime Commissioner who quit over allegations that she interfered in a live court case has been cleared of any wrongdoing and has said she will 'seek justice' over how the matter was handled.

Tafheen Sharif resigned from her post as the county's deputy PCC last year after a complaint was made to PCC Olly Martins that she had tried to get involved in an attempted murder case where a member of her family was a witness.

Mr Martins referred the matter to the Bedfordshire Police & Crime Panel who in turn referred it to the Independent Police Complaints Commission.

This week both organisations said they would not be taking the matter forward.

Cllr Sharif said: "The allegation against me that I had tried to influence a court case is completely unsubstantiated and unfounded, and in fact, although despite repeated requests to the PCC's office for evidence or a copy of the so called 'complaint', I have to date not been provided with anything."

"I am not surprised to hear that the matter has come to end, relatively quickly."

"I have maintained my position and remained patient throughout the process."

Cllr Sharif said she had 'made no contact with a judge or used my former DPCC position to attempt to influence a judge or a trial, misconduct or wrongdoing'.

She added that she was 'looking to seek 'justice through the right channels' over how the matter had been handled.

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OAP TARGETED AT CASHPOINT

A THIEF who stole an 82-year-old man's bank card at an ATM used it another machine to withdraw a large sum of cash.

The victim was in Marsh Road at 12.45pm on New Year's Day when another man approached him, pressed the cancel button and walked off with the card.

Police want to hear from witnesses and a woman who said the OAP was being watched.

GYM COMPETITION WINNERS

BEFORE Christmas we ran a competition to give two lucky readers a year long membership to the Luton branch of The Gym.

The competition has now closed and the two winners who will get the chance to work out for free and put any new year resolution fitness pledges to use are Vanessa Smith and Nothando Ngwenya.

BURGLARS STEAL JEWELLERY

JEWELLERY worth £40,000 has been stolen during a burglary.

The burglars forced open a rear door of a property in Coltsfoot Green, searched the upstairs bedroom and stole the items before fleeing.

Detectives said they believe the burglars climbed over the fence at the rear of the house from the adjacent playing fields that open onto Kestrel Way.

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Investor has no present plans to develop loved ABC cinema

THERE are currently no plans to develop an empty cinema which has been vacant for the past 15 years. Luton Borough Council said it had not received any proposals from a London-based private investor who holds a 125-year long-leasehold on a block in George Street which includes the much loved ABC cinema.

Last week *Luton on Sunday* ran a poll on which empty buildings residents in the town wanted to see back in use, and the cinema was the top choice. However the council, which owns the freehold interest on the whole block, said it was not aware of any plans to revamp the building. A council spokeswoman said: "A

private investor based in London holds a 125-year long-leasehold interest in the whole block, with circa 100 years left on that lease, paying us a ground rent only, so the control of the block lies with the head-tenant. At present the only works proposed are a tidying up of the former cinema entrance area and some external stone cleaning."



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OPEN FOR BUSINESS?: There are now a number of empty units in Dunstable but the council said it was still investing in the town

This town, ain't coming like a ghost town...

BY CARL MUNGAZI
carl.mungazi@lutononsunday.co.uk

A COUNCIL has said it is doing its 'upmost' to improve Dunstable town centre after it was branded a 'ghost town' by a national newspaper.

Central Bedfordshire Council said it was investing millions of pounds to make it 'an attractive place for residents and visitors' through improved transport links and making the high street more accessible.

A number of stores such as Comet, Gamestation and Dreams have shut in recent years, leaving many units empty.

However, Cllr Nigel Young said around 20 new businesses had opened in the past six months.

He added that more people were shopping online and the authority couldn't control national chains from closing stores.

Cllr Young said that retailers such as M&S, Next, Brantano and Sports Direct were looking to move into Dunstable if planning permission was approved for the refurbishment of the White Lion Retail Park.

Sharon Knott, from Don't Let Dunstable Die, a group which promotes the town, said: "On a positive note there are new businesses

coming into town and all these businesses are quite different so there's a selection.

"From our point of view we are actively promoting new businesses that are coming to town to help increase their footfall and I think more can be done and we are going forward.

"We are never going to return to what we used to be like and that's something we accept, but what we need to do is move on and be positive and encourage things which are positive."

■ What do you think? Let us know by emailing editor@lsnmedia.co.uk

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FED UP: Residents such as Wendy Walker (centre) with Basit Mahmood and Mohammed Nadeem want action taken to stop anti-social behaviour



What do YOU think?
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CCTV's needed in 'neglected' ward

BY CARL MUNGAZI
carlmungazi@lutononsunday.co.uk

HIGH Town residents and businesses have criticised the council for what they say is a lack of CCTV and lighting in the area.

Basit Mahmood, a Conservative council candidate for the area, has started a petition calling on the council to 'clamp down on anti-social behaviour and take necessary steps to ensure the safety and well being of the residents of High Town'.

His cause is being backed by businessman Mohammed Nadeem, who owns an office

in Midland Road, and Malik Nawaz, from Maximum Nutrition in Old Bedford Road, who said 'change was needed'.

Mr Mahmood said a current consultation on The Paths Estate was not wide-ranging.

He said: "For years High Town Ward has been neglected and no-one has been on the side of the residents. They have dealt with increasing crime and anti-social behaviour as well as the kerb crawling to which we have a zero tolerance approach to."

Mr Nadeem added: "We are really sick of councillors that do not do anything.

"The businesses I talk to are suffering because of this.

"I have been a Labour voter all my life and I am sick of them now and we need change in the area."

High Town ward councillor Andrew Malcolm, said Luton Borough Council was consulting on a strategy for the whole area.

He added: "The lighting in 'The Paths' is due for an upgrade and is being considered alongside wider improvements to the area including the introduction of CCTV, improvements to landscaping and signage and dealing with parking issues."

Burglars leave school with damage bill of £4k

A SCHOOL is facing a bill of around £4,000 after a number of Apple Macs were damaged during a burglary in which 11 other computers were stolen.

Lealands High School said it was 'shocked and upset' by two break-ins over the past month. During two burglaries on January 11 and December 17

thieves stole 11 'Stone' netbooks valued at £290 each, an Apple iMac worth £900 as well as causing £4,000 worth of damage to a number of Apple Macs.

The school said it had 'reviewed' its security since the incident.

Bedfordshire Police said they were investigating the crimes.

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01582 722626



Drivers 'targeted' in pizza assaults

BY CARL MUNGAZI
carl.mungazi@lutononsunday.co.uk

A PIZZA chain has said it is working 'closely' with the police to minimise the number of attacks on its delivery drivers.

Domino's Pizza, which has an outlet in Church Street, Dunstable, said a small number of its drivers had been 'targeted' while making deliveries in the Dunstable and Houghton Regis area.

Earlier this week Bedfordshire Police said they were investigating several robberies and assaults by youths on pizza delivery drivers in Houghton Regis over the past two months.

They took place in Kirton Way on November 15 and December 29, Dellmont Road on December 16, Houghton Road on December 20, and Bromley Gardens on December 21.

In each incident the driver was assaulted by a group of youths who then stole the pizza inside the car.

During another robbery in Houghton Park a driver had his window smashed by a group of eight youths.

In a statement, a Domino's spokeswoman said: "The safety, security and wellbeing of our employees is paramount at all times."

"Sadly, a small number of our drivers are targeted while

going about their daily jobs and we work closely with the local police to ensure these incidents are kept to a minimum.

"We have a series of procedures in place to help protect our employees while they are out on delivery and it is important to note that our drivers never carry more than £10."

Detective Constable Matt Shepherd, from Bedfordshire Police, said: "These are very unpleasant incidents which have left the victims shaken up. I would urge anyone with information about who is responsible to call police."

Witnesses can call the non-emergency 101 number.



Change in owner for pub

A SILSOE pub faces an uncertain future after it was sold by Greene King.

The George Inn was spotted with closed signs on the door this week.

A Greene King spokesman said: "We can confirm that after a thorough

review of the business the difficult decision to sell George Inn was made and its last day of trading was Tuesday, January 6".

Greene King couldn't disclose the identity of the new owners, or if it will remain as a pub.

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tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole."

Cloudy2Clear service the Luton, Dunstable and Stevenage areas and Tom is finding that his approach is a major factor in his success.

"The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to

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ARRESTED: Police and ambulance crews at the scene

Boy, 16, arrested after roof climb

A TEENAGE boy climbed onto the roof of a building in Dunstable on Monday.

The 16-year-old was arrested for breaching a court order, burglary and taking a vehicle without consent. He had managed to get onto the roof of a house in High Street North.

The incident was attended by Bedfordshire Police and the East of England Ambulance Service.

Driver found holding wine bottle at wheel

BY JULIA SUTTON
editor@lsnmedia.co.uk

A WOMAN has been convicted of driving while five times over the limit after being found downing a bottle of wine behind the wheel.

Nicola Brown, 41, from Luton, was discovered by police parked in a recreation ground in Chatham, Kent.

The car was still running

when the officers found her.

When they opened the door she was still holding the wine and a pile of empty bottles were dumped in the front passenger footwell.

Brown was breathalysed and found to be almost five times the legal limit with 174mgs of alcohol in 100 mls of breath. The legal limit is 35mgs. She was arrested and taken to a police station

where she spoke incoherently to staff.

Brown was charged with drink-driving and driving without insurance. She admitted both offences when she appeared in front of magistrates in Medway and was given an interim driving ban.

The case has been adjourned to Luton Magistrates' Court, for sentencing.

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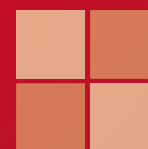
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Minister, David Cameron and Health Secretary Jeremy Hunt have been making claims about their commitment and funding for our precious NHS, whilst at the same time undermining it through cuts, privatisation and driving down pay and conditions of staff, that is causing serious shortages, poor services and much suffering by the public.

Both Cameron and Hunt were publicly rebuked by the government's own statistics watchdog for claiming that spending on the NHS has risen under the Conservatives.

Spending on the NHS is actually lower in real terms now than it was in 2010, under Labour. Mr Cameron's hollow pledge on the NHS, and his party spending thousands of pounds on advertising promising to 'cut the deficit not the NHS', appears to have been rather disingenuous.

The Coalition Health and Social Care Act clearly fulfil all the commonly accepted criteria for healthcare privatisation. The business community also saw that the legislation meant increasing opportunities for them via NHS privatisation.

One of them even stated that '...the health-care industry still wholeheartedly subscribes to the belief that the Tories will accelerate the expansion of the role of the private sector in the NHS..... our experts are almost unanimous in predicting that the looming real terms cut in the NHS but

Dorries questions 'in order'

WITH regards to recent discussion concerning member of parliament Nadine Dorries, I feel it is quite in order to ask where she is and how she occupies her time.

I understand that she has just completed a novel which has been roundly panned by the critics and amazingly received an advance to write another two.

How does she find the time to engage in these activities and, in addition, carry out the tasks required of a full time member of parliament?

Then she decided to take time off from her constituency duties to appear in a TV programme in 2012, and was subsequently suspended from the conservative party.

Having written to her local constituency party chairman three times in regard to this, I was not even accorded the courtesy of a reply.

Does this mean the local constituency party doesn't care, or do they simply hold local voters in contempt?

I feel it is high time that Mrs Dorries put a stop to

her self-serving antics and got on with the job for which she is so handsomely remunerated.

I won't even bother to dwell on the fact that she has in the past employed both her daughters at taxpayers' expense. I assume that our invisible member of parliament will once again be canvassing the long suffering electors of Mid-Bedfordshire for their votes in the forthcoming general election of May 2015.

Nicholas Hobbs
Churchill Way
Sheffield

will boost demand for private care provision for the next two years'. God help us if the Tories and Liberal Democrats have any say on running our NHS after May 2015.

We must keep our NHS public, oppose privatisation and support the staff who are doing a marvellous job despite cuts, privatisation and rising demands.

It is our NHS, many of us would not be here today, had it not been for our publicly owned NHS.

No one should make profits from the sick.

Jim Thakoordin
Manor Road
Luton

Olly's columns

POOR ole Olly just doesn't get it, does he? There's more to 'impartial' than just swearing an oath. In his job - supremo of the Bedfordshire police force - you have to be

seen to be impartial as well. Writing columns of Labour Party propaganda for local newspapers and accompanying local Labour Party MPs on their door-knocking canvassing campaigns certainly doesn't look impartial to me - nor anyone else I suspect. Just suppose that in the run-up to the General Election this year a local Conservative Party candidate conveniently gets arrested and it subsequently turns out to have been a mistake: who's going to believe Mr Martins when he says he had no hand in it?

Incidentally, I hope Mr Martins took unpaid leave from his police job when he chose to do a bit of canvassing.

Or was it just another way of using up his time while still trying come up with a single idea to do ease the burden on our hard-pressed coppers?

Ron Turvey
Stanmore Crescent
Luton

'World of want'

THESE days, we live in a world of 'want'. People are always thinking: I must have that and out comes the credit card. Take, Black Friday and the greed in people's eyes.

I wouldn't lower myself to fight and squabble for a bargain no matter how cheap. It's all just material objects and in the end we are never satisfied.

John Tucker
Bracklesham Gardens
Luton



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DID YOU KNOW?

That 3 out of 4 people finishing Team move into employment, education or training

Pair are jailed for homeless attack

BY JULIA SUTTON

editor@lsmmedia.co.uk

TWO thugs who recorded a 'chilling' video as they beat a homeless man mercilessly have been jailed.

The pair accidentally filmed the attack after one of them used his mobile phone's torch facility to illuminate the scene.

This week Luton Crown Court heard how Carl Stockwell, 26, of Dallow Road, and Daniel McRedmond, 19, of Shirley Road, Luton had no idea they filmed the attack, which took place on June 14 last year.

Judge Richard Foster jailed Stockwell for eight years and McRedmond for nine years.

The court heard how the 90-second clip showed the pair stamping on the head and body of 51-year-old Polish man Zbigniew Pawelec, a known alcoholic who slept rough inside the ABC cinema on George Street.

At one point he tried to cling to the leg of one of his attackers to protect himself and could be heard pleading with them to stop.

Hours after the attack, Mr



'CHILLING' FOOTAGE: Carl Stockwell (left) and Daniel McRedmond

Pawelec was found collapsed in a car park with head injuries and three days later he died in hospital.

The court heard that after their arrest for the attack, Stockwell and McRedmond were charged with his murder. But because it was later discovered the victim had suffered other injuries following the assault by the pair, it could not be proved that their attack had caused his death.

As a result Stockwell and

McRedmond both appeared in court in custody pleading guilty to a charge of attempting to inflict grievous bodily harm with intent.

The judge described the attack footage as 'chilling'.

He said Pawelec was intoxicated when they attacked, and therefore extremely vulnerable. He also told them it was a 'joint enterprise and a vicious attack', and that stamping on their victim's head with shod feet could be regarded as using a weapon.

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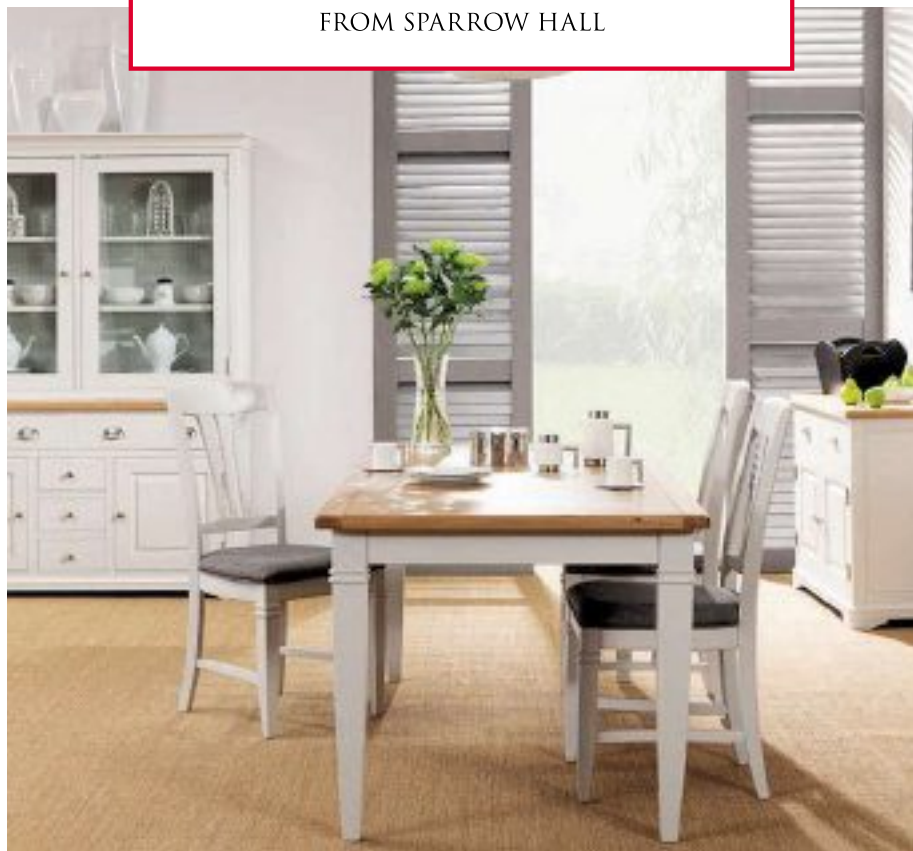


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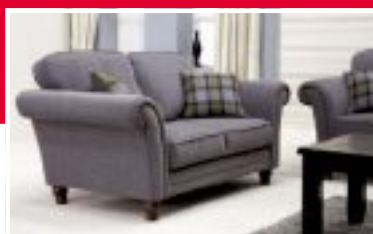


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Student housing plans submitted

BY CARL MUNGAZI

carl.mungazi@lutononsunday.co.uk

PLANS to develop housing in the town, including flats for students, are set to be discussed by councillors on Wednesday.

The application is for the construction of three buildings on Flowers Way which will house 130 residential flats and 359 student rooms.

A planning document, which recommends that councillors approve the

proposals, state there is a 'demonstrable need' for new student accommodation as this could free up housing for residents in the town.

It states that since the University of Bedfordshire built its housing in 2008 planning permission has been granted to various developers seeking to build more student housing.

However, there are concerns some of these developments may not materialise. The university is said

to have indicated that it does not require more student housing at present.

In a statement it 'strongly recommends' students stayed in approved housing.

A spokeswoman said: "The University of Bedfordshire is confident we are able to offer university approved accommodation to all our new students. We strongly recommend that students choose accommodation approved by the University of Bedfordshire."



FINISH LINE: The end of last year's ride in Flanders

Bike ride honours those lost in war

LOVE Luton has kicked off the year with the announcement of their second WW1 remembrance ride.

The start of this year's event coincides with the anniversary of the Battle of Loos which began on Friday, September 25, 1915.

The group of cyclists will arrive in Loos, Belgium on September 27.

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Delving into the

BY NICK SMITH

nick.smith@lutononsunday.co.uk

LAST Sunday I went to the march held by Luton 4 Justice, protesting against Bedfordshire Police.

What I saw was a number of people of different faiths, heritage and class joining together, united under one banner.

The town coming together as one for a peaceful protest showed the best of Luton's diversity.

However, I only saw two police officers keeping control at the event, both of whom were white.

In fact, the majority of the police I have seen in Luton are white, despite the town's diversity.

The 2011 census shows Luton as being 55 per cent white, while the percentage of white police staff is significantly higher. Eighty-six per cent of the town's police officers are white, along with 80 per cent of the total number of Luton's police staff.

This is markedly different from the make up of the town and begs the question of whether almost half the town's population feel like their police force represents them and their community.



JUSTICE: Faruk Ali's brother Dhoir discusses the cause and right, campaigners hit the streets

Zafar Khan, chairman of Luton Council of Faiths, said: "The police force are trying to work with the different communities in Luton and increase diversity and I have noticed some improvements."

"However, I still feel like there is a long way to go until we have a fully representative force."

"I encourage and support their efforts in making the police force more diverse and representative, but it's still far off."

"It's to do with a number

of reasons, but negative conceptions and perceptions is one of the big reasons why non-white people don't go for police jobs."

Dhoir Ali, brother of Faruk Ali, who is campaigning for the release of footage which shows an alleged assault on Faruk by officers said, when asked if he felt like the police in the town represented him, said: "No, they simply don't."

"I feel like things have changed, I feel the police attack those who are vulnerable instead of pro-

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diversity of police



protecting them. There has already been damage between the relationship of the police and the community and it's got a long way to go for it to be repaired.

"We want to work with them, but we need to be able to trust them and for there to be transparency."

Compared to the national average, Luton's police force is well above the 5.2 per cent non-white officers.

However, the make-up of Luton's population is quite

different to that of the rest of the country and people feel like there is still a long way to go before the police force reflect the town.

A spokesman for Bedfordshire Police said: "We have historically worked extremely hard to be more representative of the diverse communities it serves and is still striving to do so with an assortment of initiatives.

"Just recently the force and the Special

Constabulary launched recruitment campaigns that are specifically aimed at attracting local people with local knowledge and from different sections of our communities."

He added: "Anyone who is interested in becoming an officer or a Special is encouraged to get in touch and the starting point is to go to bedfordshire.police.uk and visit the recruitment section, which is on our home page."

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BLAST FROM THE PAST:
Pots from the Iron Age
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found by archeologists

History is uncovered during cemetery dig

BY JULIA SUTTON
editor@lsmmedia.co.uk

HUMAN remains and other material dating back to the early Iron Age through to post Medieval periods have been discovered following an archaeological dig at Vale Cemetery.

Luton Borough Council said the discovery revealed that the area, in Butterfield Lane, has been used for settlement and cremations since ancient times.

The excavation work was done at the end of 2013 where archaeologists uncovered signs of

at least three roundhouses along with enclosures, boundary ditches and various pits.

Some of the material found includes seven urned early Roman cremations, three brooches, a bath flask, a significant amount of Roman pottery and some Medieval pottery.

The earliest evidence for occupation of the area dates back to the Neolithic and Bronze Age.

The council said the materials found were being cleaned and analysed and it was expecting 'significant archeological finds' to be presented to Luton Museum in due course.

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Making money matter after further cash cuts



IN this week's column, leader of Central Bedfordshire Council James Jamieson outlines the authority's plans for the budget

THE new year is a time when council budgets come into focus and this year Central Bedfordshire Council is again demonstrating its commitment to providing value for money in the public services that our residents want and need, despite continuing government cuts.

Informed by local people, we have outlined a planned revenue spend of £186.5 million in our 2015/16 budget.

I'm pleased to say this includes plans to freeze council tax for the fifth year in a row as well as protection for front-line services, all set against the backdrop of an eight per cent reduction in funding as well as financial pressures created by providing services for an ageing population and more vulnerable families are coming forward for help.

Added together this means we'll have to make £13.7m of savings in the next financial year – all of which will propose to achieve by working in new, more cost effective ways.

On top of this we are planning to invest close to £114m in our Capital Programme on major projects that will enhance Central Bedfordshire, increasing its

appeal as a great place to live and work.

Our commitment to the renewal of library and leisure facilities is set to continue in 2015 with a major £13m redevelopment planned for Dunstable Leisure Centre, which will be our biggest project yet in this area and a further boost to the regenerated Court Drive.

In a similar vein, I'm sure you will have seen last week's news that our Countryside Access team was awarded £2.2m of lottery funding to restore Houghton Hall Park, which will fund the project until 2020 and create an important strategic green space for residents.

With the greater demand for care services as our population ages we are proposing a £26m investment on an Independent Living scheme in Houghton Regis town centre which will incorporate the former Co-op site and Red House Court Sheltered Housing Scheme.

This development will include shops, flexible community space and daytime provision for older people and is similar to the Priory View Independent Living scheme for the over 55s in Dunstable, though on a much larger scale. Great progress is being made with that build project on Church Street and completion is expected in the autumn.

To cope with greater demands associated with population growth, Thorn Turn in Dunstable will be home to a new Household Waste Recycling Centre, which is currently at the design stage, but will replace the current site at Franches Avenue.

And lastly, transport routes in and out of the area will start to see tangible evidence of the of the Woodside Link Road development where construction is expected to commence in the coming months, as well as the Dunstable A5/M1 link road.

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On a journey to

BY CARL MUNGAZI

carl.mungazi@lutononsunday.co.uk

WHAT does it take to get a police escort while travelling in a foreign country?

Well, if you're a member of the United Praise Mass (UpMass) Gospel Choir you might be able to answer that.

The group, formed by Luton pastor Patrick George, returned to the UK just over two weeks ago from a tour of Italy.

Pastor Patrick (pictured bottom right), 42, from Breath of Life Ministries, has been involved with gospel since his teenage years and says he is on a mission to 'bring choirs back'.

So how did he get started on his journey?

Pastor Patrick said: "My first choir would have been my dad's church choir in the 1990s. The first choir I sang with was the COGIC church choir and we sang songs from various artists."

"Dr Mattie Moss Clark was the international director and she would come to the UK to teach people."

"I caught the bug for choir singing and I did workshops in the US and also in the



UK. I had a couple of my own choirs in the late 1990s and 2000s and did some one-off projects.

"I also sang with Gospel Singers Incognito last year but now I'm doing this."

The group's tour in Italy saw them leave the UK on

December 16, come back for Christmas before going back to finish the tour.

Pastor Patrick said: "We visited a lot of Catholic churches and it was quite the experience."

"We had to have a police escort on one of the legs of

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bring choirs back



Pastor Patrick is hoping to hold some choir workshops. But what does he think gospel choirs bring?

He said: "I think gospel choirs bring high energy to any concert and any event they go to. With the choirs, the expectation is higher."

"You don't really see them anymore and we want to bring them back."

"I think it's because they are hard to move around and people find it easier to work with smaller groups."

"Some churches do have their church choirs but they are not really doing many concerts, but I want to bring them back."

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the tour and it was because we were guests."

One of the UpMass singers, Emma O'Connor, said the 'people in Italy were very sincere and genuinely nice'.

Now the group are working on producing an EP and

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Local World's Central and East region team has an impressive portfolio that spans prestige printed daily newspapers like the award-winning Cambridge News, a range of weekly publications that cover Cambridgeshire, Northamptonshire and Bedfordshire, leading websites and exciting niche publications. If you think you know "media" then we can help you to think again! Working with us will put you at the cutting edge of new media marketing, as you help our customers to make the very best use of a whole suite of digital solutions

including websites, search engine optimisation (SEO) and smarter use of social media platforms. Great for our clients, and great for your own CV.

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KAY THOMAS

Business Developer

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- Great potential for career development
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- Strong support from your team and your manager
- Contributory pension and healthcare after a qualifying period • Company Car

If you feel you are suited to these positions and are interested in applying, then please request an application form by emailing kate.wadsworth@cambridge-news.co.uk for the Cambridge vacancy and carlie.lewis@mk-news.co.uk for the Bedford vacancy.



EMILY LLOYD-RUCK - Deputy Field Sales Manager

"Due to the support and training the Cambridge News has given me throughout my time here, I have progressed from a field sales role through to a deputy field sales manager. I thrive on the opportunities that working for a local publisher brings me and it wouldn't be the same if it wasn't for the people I work with."

Telesales Executives

Cambridge & Bedford

Are you bubbly and enthusiastic, along with being hard working and have the drive to succeed?

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The advertising sales teams would like you to work with them on some of the best read newspapers and associated websites covering the region.

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Being outgoing and talkative, with a good telephone manner would be a necessity, but we will give you all the help and training you need.

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- Great potential for career development
- 25 days holiday per year
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- Strong support from your team and your manager
- Contributory pension and healthcare after a qualifying period

If you feel you are suited to these positions and are interested in applying, then please request an application form by emailing hayley.usher@localworld.co.uk

JAMES HOTCHKISS - Telephone Sales Team Leader

"The exciting thing about working in the fast moving world of media is that advances in technology lead to new opportunities which we can offer our clients to help grow their businesses."

We encourage applications from all walks of life and all applications will be considered on merit. It is the company's policy to employ the best qualified personnel and provide opportunity for the advancement of employees including promotion and training and not discriminate against any person because of sex, race, pregnancy, disability, marital or family status, ages, sexual orientation, religious beliefs or trade union membership.



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THE BODY LOCAL WORLD



Coping with Anxiety

Your heart races, you can't sleep, you're always worrying and you feel an impending sense of dread.



If this sounds like you then you could be suffering from an anxiety disorder and don't worry (yeah right) you're not alone. Anxiety is nothing new. Freud wrote about it in 1936 (The Problem of Anxiety) and 80 years before him there was Kierkegaard (The Concept of Anxiety), but over the last 20 years the number of anxiety sufferers in Britain has been steadily increasing.

It's quite natural to ponder life's mysteries, our place in the universe, our reason for being here and to feel somewhat anxious about impending and certain death speeding towards us from an unknowable

point in the future. Gulp. It's also normal to feel rattled by the busyness of modern life. The noise, the pressure, the technology and the relentless treadmill can naturally make anyone feel blue, but a real anxiety disorder takes this all a step further and, for the sufferer, makes daily life very difficult.

Generalised Anxiety Disorder (GAD) is a clinical condition which causes chronic worrying, tension and nervousness. Sufferers will find themselves locked into thought patterns, constantly repeated, which cause them to feel fearful and worried for no real reason. It's highly unpleasant but, the good news, it's highly treatable.

If you're suffering with anxiety, what can you do?

Face your fear

Don't suffer in silence. What you're worrying about might be greatly diminished if you say it out loud, so talk to someone about how you're feeling. Or, if you prefer, try writing your feelings down. Ask, "Is the scenario I'm worrying about really likely to happen?" or "Where's the evidence for it?"

Relax

This sounds very obvious (and impossible) to an anxious person but feeling relaxed is achievable for anyone with a bit of practice. Deep breathing, meditation, mindfulness and giving yourself some planned time off from the worries will begin to feel more natural if you try every day.

Be nice to yourself

Healthy eating, exercise, no smoking, cutting down on caffeine and alcohol and

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making yourself do things like going for a walk will be of great benefit in reducing your anxiety. You might not feel like doing any of this at first, but it will all help to distract you and again, with practice, will have a lasting and positive effect.

Seek help

If you're struggling to get started on the road to recovery then support is on offer from your GP or a counsellor.

How can I help someone suffering with anxiety?

If your spouse or someone you know is suffering with GAD you might feel resentful or sad that things haven't turned out how you expected. You might even feel angry with your loved one for not being able to just snap out of it and these are all normal reactions with which you also need support.

Lend an ear

Let your loved one know that you're always available if they want to talk. And if they just repeat the same thing over and over again try not to pass judgement but encourage them to see things in new ways. Be patient

It's natural to feel frustrated with someone who seems to be indulging their anxieties but remember that it's a clinical condition and it's not their fault. Try to encourage them to take small steps towards reducing their anxieties and don't expect a quick turnaround.

Look after number one

Don't let their condition affect you too. Try to continue with your routines and arrangements as much as you can as this will help set a good example for your loved one and will also help you to stay sane. Accentuate the positive Try to avoid bringing up the subject of anxiety unless they initiate it first. For example, don't repeatedly ask, "How are you feeling?" Positively reinforce healthy behaviour and try to help fill their time with positive things.

Somebody to lean on

Make sure you have a support network of people to talk to so that you can stay strong for your loved one. If you can't turn to family or friends then professional help is available. For more information visit: anxietyuk.org.uk.

Anxiety Facts

(Lifted from <http://www.mentalhealth.org.uk/help-information/mental-health-statistics/anxiety-statistics/>)

- Almost one in five people feel anxious all of the time or a lot of the time.
- Women are more likely to feel anxious than men.
- Students and people not in employment are more likely to feel anxious all of the time or a lot of the time.
- Financial issues are a cause of anxiety for half of people.
- Women and older people are more likely to feel anxious about the welfare of loved ones.
- Four in every ten employed people experience anxiety about their work.
- Around a fifth of people who are anxious have a fear of unemployment.
- Younger people are much more likely to feel anxious about personal relationships.
- Older people are more likely to be anxious about growing old, the death of a loved one and their own death.
- One-fifth of people who have experienced anxiety do nothing to cope with it.



Sources:

<http://www.helpguide.org/articles/anxiety/generalized-anxiety-disorder-gad.htm>
<http://www.calmclinic.com/anxiety/tips-for-friends-family>
<http://psychcentral.com/blog/archives/2013/03/28/how-to-support-an-anxious-partner/>
<http://www.mentalhealth.org.uk/help-information/mental-health-statistics/anxiety-statistics/>



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B1 (Thiamine)	Pork, bread, nuts	Nerve function
B2 (Riboflavin)	Milk, leafy greens, bread	Metabolism
B3 (Niacin)	Poultry, mushrooms, asparagus	Digestion
B6 (Pyridoxine)	Meat, fish, fruit	Red blood cells
B12 (Cobalamin)	Seafood, eggs, milk	Making new cells
C	Fruit, especially citrus. Cabbage, strawberries, kiwi	Antioxidant, immune system
D	Egg yolk, liver, fatty fish, sunlight	Bones
E	Plant oils	Protects cell walls
K	Cabbage, milk	Blood clotting
Folic Acid	Leafy greens, seeds, legumes	DNA and making new cells



Reference:

http://www.emedicinehealth.com/vitamins_their_functions_and_sources-health/article_emu.htm

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The truth about the sunshine vitamin

Vitamin D is essential for keeping our bones strong and healthy. Without it, our skeletons become soft, weak and we're more prone to develop horrible conditions like rickets and osteomalacia.

Where is it?

We can ingest Vitamin D by eating foods such as meat, eggs and oily fish, but cleverly we can also produce vitamin D ourselves. All we need is a little sunshine.

How do we make Vitamin D

When our skin is exposed to the sun, the provitamin D3 (a type of cholesterol) contained in our skin cells has a reaction to the ultraviolet rays and produces Vitamin D3. This new substance is then passed through the liver and kidneys to transform it into the correct form of Vitamin D for our bodies to use.

How much sun should I get?

The NHS recommend we get 15 minutes of sunlight on our skin every day (that's without wearing sunscreen so never go out in the strong sun of the summer months). Nice idea NHS, but we live in England where the sun rarely shines and in the UK, it's true that our skin cannot actually make Vitamin D from winter sunlight as there's not enough UVB rays. Therefore during winter it's essential that you eat plenty of the Vitamin D food sources to compensate.

Can I synthesis Vitamin D with a lightbox?

Some scientists think that the mental condition linked to depression, Seasonal Affective Disorder (SAD), is triggered by a Vitamin D deficiency and so prescribe 'light therapy' to encourage the production of Serotonin in our brains. Light boxes emit the full light spectrum (so very similar to sunlight) and those exposed to a lightbox regularly often do report an easing of their winter blues. However, there's no evidence to suggest this stimulates Vitamin D production.



Reference:

<http://www.nhs.uk/Livewell/Summerhealth/Pages/vitamin-D-sunlight.aspx>
<http://www.nhs.uk/Conditions/Seasonal-affective-disorder/Pages/Treatment.aspx>
<http://health.howstuffworks.com/skin-care/information/anatomy/skin-produce-vitamins.htm>

LiveWellLuton
Steps to a healthier you

Live Well Luton is an integrated healthy lifestyle service that offers stop smoking support, adult and child weight management services, personal health plans and NHS Health Checks. We're commissioned by Luton Borough Council and work in partnership with the NHS.

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Six 30 minute, 1:1 client led sessions to support clients to lose weight, learn about healthy eating, increase physical activity or improve their general health and well-being. Clients set SMART based healthy lifestyle goals.

get active

Stop Smoking Support

(1:1 or group) - all sessions are facilitated by a specialist advisor to help clients stop smoking. The advisor can provide Nicotine Replacement Therapy or stop smoking medication treatment, whilst combining this with behavioural support.

stop smoking

Lose Weight with Live Well Luton for Children aged 5-15

12 week child weight management group courses, where families and their children are supported through a combination of diet and physical activity interventions.

Lose Weight with Live Well Luton

12 week adult weight management courses for men and women run across Luton with partner leisure providers. These courses include talks on different elements of healthy eating, physical activity and offer a comfortable environment for clients to increase their physical activity.

lose weight

Health Checks for 40-74 year olds

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health checks

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How to get a flat stomach

A muffin top, a spare tyre, a beer belly, a paunch, a roof over the tool shed or a middle aged spread. Whatever you call that flab around your waist, it has got to go.



Aside from ruining all your holiday snaps, your belly fat is putting you at greater risk of developing scary illnesses like heart disease, diabetes, certain cancers and even dementia.

Everyone has some belly fat (that's the fat directly under your skin) and then there's visceral fat (which is fat wrapped around your internal organs). You need a little bit of visceral fat to make a nice cushion for all the important bits, like your heart and liver, and you can find out exactly how much you've got by going for an MRI scan, or even just getting a tape measure and wrapping it around your waist at your belly button. For women, this measurement should be 35 inches or less and for men the number is 40 inches. If you're carrying any extra inches then you'll need to read on...Here are some easy tips to help you banish that belly for good.



Breakthrough Therapy Thaws Out Frozen Shoulders...



severe cases, you may almost not be able to move your shoulder at all.

It's a very frustrating condition because you look absolutely normal and healthy to anyone that looks at you, but it can be a very debilitating condition.

The most common symptoms are pain and stiffness in the shoulder which can disturb your ability to sleep, do normal things like getting a glass out of a cupboard, exercise and hobbies can be severely limited.

Getting the right treatment is difficult because it is generally not fully understood why we get frozen shoulders. Very often clinicians will focus all efforts on the shoulder itself which sounds logical... right?

While this seems totally logical following the normal therapeutic approaches often leads to disappointingly slow resolution of the problem. Typically people with frozen shoulder may get better over a period of 18-24 months. In other cases, symptoms can persist for several years!

Studies suggest that with traditional therapies about 50% of people with frozen shoulder continue to experience symptoms up to seven years after the condition starts...

However, with appropriate diagnostic testing and treatment it is possible to shorten the period of disability significantly.

All too often the standard clinical tests ignore a vital potential cause of frozen

shoulders and the real cause of the problem may never be uncovered.

The consequence of being left with a non-specific diagnosis is that you're left to struggle back to health very, very slowly...

With so many people suffering from this debilitating condition it is vital that you find the best solution; and this is where it can start to get complicated because frozen shoulder can be caused by so many different things. It could be one of the tendons of the shoulder muscles, damage to the cartilage or capsule of the shoulder joint, problems with the closely related acromio-clavicular joint, even problems with your ribs underlying the shoulder blade and a number of other things...

But, perhaps more importantly it could be as a result of a problem that has developed with your cervical (neck) nerves. These nerves are very vulnerable and when something has gone wrong with them they usually also affect the shoulder, arm, hand or fingers (in isolation or combination).

This is the potential problem that is so poorly understood that it often remains completely undiagnosed as the cause of frozen shoulder even in cases where it is the sole cause. The key to solving frozen shoulder quickly is to either rule out or confirm nerve damage as primary or secondary cause; if not, you are going to be wasting a lot of your time waiting for it to heal.

Precise diagnosis is available in Bedfordshire.

The Atlas Wellness Centre is your nearby specialist in determining functional problems of the nerve system. Their team of specialists use a combination of advanced technology

that is not available anywhere else in Bedfordshire. With it, they can diagnose whether your nerves are the source of your frozen shoulder and find you the very best approach for ending the suffering.

Long-term relief without surgery, injections, or drugs.

With years of experience dealing with shoulder problems, the specialists at the centre have developed a unique programme of natural treatment that provides safe, long-term relief. They don't just treat the symptoms, the way injections or drugs do.

The Atlas team will determine if your neck nerves are the source of your frozen shoulder and if so, pinpoint the exact nerve of your neck that is causing the problem. Then they will carefully reconstruct the damaged area – all without surgery, injections, or drugs!

They actually treat the cause of your health problem, not just your symptoms.

That's why hundreds of grateful patients tell them "You gave me back my life!"

Over the years, they've treated hundreds of patients with shoulder problems. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough examination of your shoulder and neck nerves for just £37, the normal

cost of such an exam is £195 so you will save £158!

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your frozen shoulder and give you the safe, lasting relief you deserve.

Call them now on 01234 340317 and cut out or tear off this valuable article now and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem – and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message.

For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

Call 01234 340317 NOW and leave a message if it's the weekend or the line is busy - they promise they will get back to you as soon as they can. So call now on 01234 340317 and quote this special discount code: BOS37FSH2

Frozen shoulder is a painful condition that affects movement of the shoulder. It typically affects people between the age of 40-60 and is more common in women. According to the NHS approximately 1 in 20 people will suffer from frozen shoulder. It is also known as adhesive capsulitis or shoulder contracture.

If you've ever had frozen shoulder, then you know that the amount of movement in your affected shoulder joint will be reduced. In

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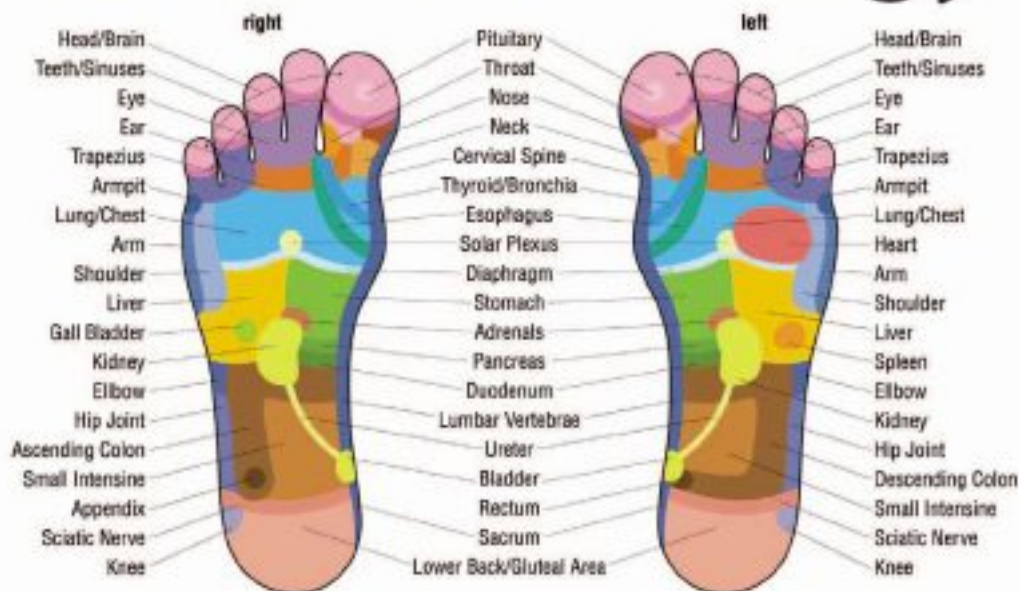
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THE BODY LOCAL WORLD



What is Reflexology?



Who doesn't love a nice foot rub?

Ahh that's much better. But some people believe there's a lot more to it than that. If you're not too ticklish, read on... Originating in China, but introduced to America in recognisable form in 1913, Reflexology is a holistic therapy focussed on the feet and, aside from feeling very nice, it's reported to have a load of health benefits too. While there's not yet enough medical evidence for it to be recognised as a legitimate clinical treatment, reflexologists believe their fancy foot work is responsible for healing thousands of patients suffering with anything from sleep problems to a range of diseases.

The theory is that illness, or discord in our bodies, is caused by a blockage in our energy fields and by manipulating certain parts of the feet, these fields can be...unblocked. If you will, imagine a plumber but without the rods. Reflexology divides the foot into zones which each correspond to a different part of the body so if you're having problems with your sinuses, give your little toe a squeeze. Likewise, for digestive trouble just rub the side of your heel.



Foot Facts: Did you know...? • Reflexology is most popular in Denmark where a survey showed 21% of the population had tried it. • Your ankle and foot contains 26 bones, 33 joints and over 100 muscles, tendons and ligaments • The average person will walk 115,000 in their lifetime • The foot contains over 250,000 sweat glands

Reference: <http://en.wikipedia.org/wiki/Reflexology> <http://www.uestep.com/15-interestingweird-foot-facts-find/>

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LOCAL WORLD **THE BODY**

Three reasons you're not doing yoga

If you want to start exercising, chances are that your default mind will suggest going for a jog, along with over a million other regular joggers in the UK. But if you're looking for something that works out your mind, body and spirit too, then Yoga should tick all your boxes.

The ancient practice has grown hugely in popularity over the past 20 years but why is it still not as popular as the treadmill?

Here are the top three excuses:

Yoga is just for hippies

People see a yoga studio, some candles, hear the strains of a panpipe and immediately think, "Not for me thank you, I'm off for a run" but there are lots of different types of yoga that might suit you better such as Bikram Yoga where the room is heated to make your muscles warm, or Power Yoga which is aerobic

and designed to make you break a fairly serious sweat. Breathing is always part of yoga practice, but you can blow the candles out if you don't like them.

I'm too old

You're never too old to start practising yoga and in fact gentle stretches to build strength and improve flexibility can be of great benefit to older people. The world's oldest yoga teacher, Tao Porchon-Lynch from New York, is 96 years old and credits yoga with her long life. Just because you're old doesn't mean you can't enjoy standing on your head.

It's not a good enough workout

What is it you're looking for exactly? Yoga is reported to make you fitter, stronger, better (hold on, that's a song isn't it?), more flexible and protect your spine. It perfects your posture, lowers your blood pressure, makes you happier and less stressed, helps you sleep better, helps you concentrate, strengthens your joints and in fact, is good for everything. Can the same be said about jogging...?



Reference:

<http://www.dailymail.co.uk/health/article-66640/What-jogging-does-body.html>

<http://www.dailymail.co.uk/femail/article-2743582/The-world-s-oldest-yoga-teacher-Meet-96-year-old-mindblowing-agility-puts-athletes-quarter-age-shame.html>

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Expect laughs from Mark Watson... flaws and all

onpage50



Dry Your Eyes: Another set for Skinner in pipeline

onpage51



leisurenow

Getting rid of the duffle coat is just one of Alan Davies' Little Victories

MEET... ALAN DAVIES

LITTLE VICTORIES

Grove Theatre, Dunstable
Friday, March 13

WHEN I call him up, there's some kind of drama going on in Alan Davies' house. It involves a cup of water and a dress. Not his – either the water or the dress. The family has just got back from holiday and it's tea-time in the Davies' household. It doesn't take Jonathan Creek to figure out that the dress and the cup of water would appear to be inextricably linked to his five-year-old daughter, Susie.

Family matters are very much at the heart of Little Victories, Alan Davies' new stand-up show, which is coming to Grove Theatre on Friday, March 13. Not so unlucky after all.

"It's about my relationship with my dad, my children, my partners. It's all true," he says. "But in particular it refers to one or two anecdotes when I was trying to get one over on my dad. When I'm writing I mix up stories and then try to find connections between them. I might have a funny thought. On its own it doesn't go anywhere but in connection with another story it becomes laugh out loud."

While he is clearly a very funny man, Alan is also an actor and, these days, a presenter of documentary programmes too.

"I suppose you might call me an entertainer," he says. "But up until I was 20, people called it showing off. I call myself a comedian now."

He first discovered the joy of making someone laugh when he was very young. "I'd lie on my back and wave my legs around for my mum and be very grateful if I got a smile or a laugh out of her. But I was in love with her."

It's a poignant memory because Alan's mother died of cancer when he was only six years old and the pain of that loss has never really gone away.



But now, as a father of two small children himself, he has a brighter and clearer perspective on life. "I don't have a dark side," he insists. "You know what? If I feel down my first port of call is the old Jimmy Cliff song, Better Days Are Coming."

Partly due to his 11 year stint as the naughty schoolboy to Stephen Fry's headmaster on QI, and partly due to that Jonathan Creek mop of untamed curls, Alan is instantly recognisable wherever he goes.

So has he ever embarrassed himself by behaving like an idiot on meeting someone famous? "There was a time at the Montreal comedy festival. I'm a big fan of Norm MacDonald, the Canadian stand-up comedian. I was with a mate and we'd been up late and had a few at the bar and Norm came in. I can't remember what I said but I felt like I had to apologise the next day but he said 'No, you guys were great!'. I wish I could remember what we did."

It could, of course, have been some random facts that he'd picked up from QI. "Sometimes they just pop out," he admits. "Someone will say, 'Is that true?' and I'll say 'well we had it on QI, so it must be'..." And is a duffle coat still his outerwear of choice? Fans of the eternal 1960s student look will be sorry to hear this. "No," he mutters, darkly. "I can't ever wear a duffle coat again." So what else is a fashion no-no these days?

"I did a run of shows a few years back wearing a pair of lime green moleskin trousers."

"Suddenly, this voice came from right up in the gods: 'Are you colour blind?' Needless to say, I ditched the lime green trousers. My wife says that if you ever want to throw a stand-up comic, just shout out something about their appearance. Doing stand-up is the most nerve-wracking thing because you're vulnerable up there," he says. "But you've got to look relaxed and natural and you have to prod the audience to get involved."

"I enjoyed playing Milton Keynes recently, we filled it out, but because it's one of those new theatres, it's very dark in the auditorium and you can't see the faces of the audience. So at The Grove Theatre I'm going to have a word with the lighting man and get some sort of lights focused onto the audience so that I can see their eyes."

And maybe so that Alan can identify anyone who's rash enough to heckle him about what he's wearing. I'm guessing it won't be lime green trousers – or a duffle coat.

JUDY RILEY



UP THE CREEK? As long as Alan Davies is careful about what he wears on stage he shouldn't have any problem at all in being really Quite Interesting in his new, one-man show, Little Victories

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DIVIDED WE FALL: United We Stand is based on the events and experiences that led to Royale Family actor, Ricky Tomlinson's (centre and inset), stint in jail in 1973. He and 23 other protesters were arrested following passionate demonstrations against the dangerous conditions endured by construction workers at the time

Standing ovation for united 24

THEATRE

UNITED WE STAND

The Hat Factory, Luton
Friday, February 5, 7.30pm

RICKY Tomlinson hasn't always been bearded sitcom hero, **Jim Royale**.

Back in the 1970s, the actor was part of the Shrewsbury 24: a union of construction workers who led a 12 week national strike in pursuit of better working conditions and wages.

The government hit back against the 300,000 protesters and their controversial methods. The 24 leaders were arrested and three of them - Tomlinson included - were jailed. Now, a highly anticipated production based on the experiences of the Shrewsbury 24 has embarked on a UK tour.

Described as both 'sharp' and 'humorous', United We Stand dramatises the dispute between the working men seeking a better way of life and the higher councils accusing them of violent, criminal conduct. On the show, Tomlinson said: "I am delighted The Townsend

Theatre Company are presenting a play about the 1972 building workers' strike. Every worker should know what happened to us so as to ensure it does not happen again."

A soundtrack of popular political songs accompany poems penned by Tomlinson during his time in prison.

Playwright Neil Gore added: "We are aiming to raise awareness to the determination and courage of those who sacrificed their freedom, reputations and opportunities in seeking better conditions for their fellow workers."

For tickets, go to lutonculture.com.



Mark Watson may be Flawed but he's definitely funny too

MOCK the Week regular, Mark Watson, is back on the road with his well-received 2014 Edinburgh Fringe show.

He's cut down on the booze, he's embracing the mixed pleasures of fatherhood and he's a taking solace from the fact that while 'being a human is bloody hard', the fact is that 'we're better than both cats and sharks'.

But even with a healthy dose of neuroses and self-doubt - the show is called Flaws after all - the night ends on a more optimistic note for the start of 2015.

Mark Watson: Flaws is at Alban Arena, St Albans, on Tuesday, January 20.

Tickets cost £17.25 and can be booked by calling the box office on 01727 844488, or by visiting alban-arena.co.uk.

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A feast of Autumn glories, departing 23 October 2015

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- Garden



Cardigan Street £175,000

- Three/Four Bedroom Property
- Ideal Investment
- Re-fitted Kitchen
- Close to Local Amenities



Reginald Street £175,000

- Mid Terraced Property
- Three Bedrooms
- Two Reception Rooms
- Re-Fitted Kitchen & Bathroom

PROPERTIES NEEDED

IN 2014 WE SOLD OVER 27 MILLION POUNDS WORTH OF PROPERTY. IF YOU WANT TO GET SOLD IN 2015 THEN CALL US OUT NOW FOR A FREE MARKET APPRAISAL ON 01582 456622



Wardown Crescent £250,000

- Semi Detached Property
- Three Bedrooms
- Open Plan Lounge/Diner
- Off Road Parking



Rothesay Road Lodge £175,000

- By Appointment Only
- Sold Via Sealed Bids
- Brickbuilt Outbuilding
- Chapel/Lodge

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EXCEEDING EXPECTATIONS

TAYLORS

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Dunstable 01582 447704



Dunstable **£230,000**

- Two Reception Rooms
- Re-fitted Kitchen
- Three Bedrooms
- Gas Central Heating
- Double Glazing



Dunstable **£240,000**

- Semi Detached Property
- Three Bedrooms
- Bathroom
- Off Road Parking



Luton **£200,000**

- Semi Detached Property
- Three Bedrooms
- Two Reception Rooms
- Off Road Parking



Dunstable **£190,000**

- Mid Terraced Property
- Two Bedrooms
- Reception Room
- Bathroom



Dunstable **£184,995**

- Three Bedrooms
- Lounge
- Kitchen
- Off Road Parking



Luton **£160,000**

- Terraced Property
- Two Bedrooms
- Re-fitted Kitchen
- Off Road Parking & Gardens



Houghton Regis **£135,000**

- Terraced Property
- Two Bedrooms
- Re-fitted Kitchen & Conservatory
- Front & Rear Gardens

BRAND NEW HOMES, READY IN JANUARY.



Incentives available
PLEASE CALL FOR DETAILS



Houghton Mansions **£95,000**

- Two Bedrooms
- Lounge & Kitchen
- Reception Two/Possible Bedroom
- Parking



Dunstable **£54,000**

- Two Bedrooms
- Kitchen
- Lounge/Diner
- Bathroom

PROPERTIES IN DUNSTABLE &
HOUGHTON REGIS URGENTLY
REQUIRED. PLEASE CALL
01582 447704 FOR YOUR FREE
MARKET APPRAISAL.

TAYLORS

Estate Agents

Sales & Lettings
Stopsley 01582 447719



Felstead Way £350,000

- Detached Property
- Three/Five Bedrooms
- Three Reception Rooms
- Balcony & Double Glazing
- Front & Rear Gardens



Hornsby Close £239,995

- Extended Semi Detached Property
- Three Bedrooms
- Lounge & Kitchen/Diner
- Garage
- Off Road Parking



Stockingstone Road £185,000

- One Bedroom Maisonette
- Kitchen
- Large Lounge/Diner
- Bathroom
- Call Branch for Details



Rutland Crescent £235,000

- Three Bedroom Property
- One Bathroom
- One Reception Room
- Extended Kitchen
- Garden



St. Thomas's Road £25,000

- Detached Mobile Home
- Two Bedrooms
- Kitchen & Lounge/Diner
- Popular Village Location
- No Chain



Chesford Road £210,000

- Three Bedroom Property
- Two Bathrooms
- Garden
- Off Road Parking



Ramridge Road £165,000

- Victorian Terraced Property
- Three Double Bedrooms
- Lounge/Diner
- Fitted Kitchen

DID YOU KNOW?

WE HAVE OVER 400 REGISTERED APPLICANTS IN THE STOPSLEY OFFICE WAITING TO FIND A NEW HOME. CALL NOW FOR A FREE MARKET APPRAISAL ON 01582 447719.

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EXCEEDING EXPECTATIONS

TAYLORS

Estate Agents

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Cubbington Close £310,000

- Detached Property
- Four Bedrooms
- Two Reception Rooms
- Garden & Double Garage
- Off Road Parking



NEW
INSTRUCTION

Awaiting
EPC



Stoneygate Road £255,000

- Semi Detached Property
- Three Bedrooms
- Two Reception Rooms
- Garden & Garage
- Off Road Parking



NEW
INSTRUCTION

Help
to Buy
AVAILABLE

EPC C



Cuffley Close £215,000

- Semi Detached Property
- Three Bedrooms
- Two Reception Rooms
- Garden & Garage
- Off Road Parking



NEW
INSTRUCTION

Help
to Buy
AVAILABLE

EPC D



Morgan Close £190,000

- More Required
- Mid Terraced Property
- Three Bedrooms
- En-Suite to Master
- Two Reception Rooms



UNDER
OFFER

EPC C



Legrave £185,000

- More Required
- Semi Detached Property
- Three Bedrooms
- Two Reception Rooms
- Off Road Parking



UNDER
OFFER

EPC D



Spear Close £105,000

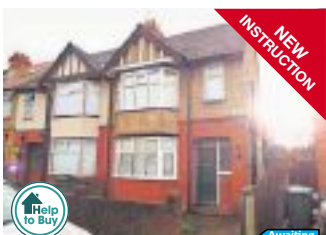
- Ground Floor Maisonette
- One Bedroom
- Lounge/Diner
- Communal Gardens
- Viewing Recommended



NEW
INSTRUCTION

Help
to Buy
AVAILABLE

Awaiting
EPC



Chester Avenue £220,000

- End Terraced Property
- Three Bedrooms
- Two Reception Rooms
- Front & Rear Gardens



Marsh Road £195,000

- Mid Terraced Property
- Three Bedrooms
- Two Reception Rooms
- Off Road Parking

NEW
INSTRUCTION

Awaiting
EPC



Bramingham Road £165,000

- Semi Detached Property
- Three Bedrooms
- Garden
- Close to Legrave Station

NEW
INSTRUCTION

Awaiting
EPC



Larkspur Gardens £120,000

- Two Bedrooms
- We Require Similar for Waiting Buyers
- How Much is Your Property Worth?
- Please Call Our Office

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EPC

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Dunstable Rd area **£800pcm**

3 bed terrace Lounge/diner Separate kitchen Upstairs b/room Gas c/h Double glazed Long rear garden

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PROPERTIES
URGENTLY
REQUIRED FOR
PROFESSIONAL
APPLICANTS**

Chain free



Downs Road

£74950

DOWNS ROAD TOP FLOOR 2 BEDROOM FLAT HALL LOUNGE/DINER SEPARATE 16'2" KITCHEN BATHROOM NEW DOUBLE GLAZING BUILT IN WARDROBES GARAGE IN BLOCK APPROX £160pcm 5. CHARGES 999YEAR LEASE IMMEDIATE VACANT POSSESSION



Limbury

£165950

GREAT FIRST TIME BUY! SEMI DET. 2 BEDS AT THE FOOT OF A CUL-DE-SAC. ENTRANCE HALL LOUNGE/DINER WITH FRENCH DOORS TO ENCLOSED FRONT GARDEN SEPARATE WELL FITTED KITCHEN UPSTAIRS BATHROOM GAS C/H UPVC DBLE. GLAZ. MODERN KITCHEN AND SANITARY FITTINGS REAR GARDEN ALLOCATED PARKING



South Luton

£234950

3 BEDROOM END OF TERRACE HOUSE BUILT APPROX. 3 YEARS AGO AND STILL UNDER NEW-BUILD WARRANTY ON A LARGE CORNER PLOT WITH SOUTH FACING REAR GARDEN ENTRANCE HALL CLOAKROOM WITH W.C. & BASIN LOUNGE SEPARATE KITCHEN DINING ROOM ENSUITE SHOWER ROOM FAMILY BATHROOM FORECOURT PARKING



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BUYERS**

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Brussels Way

£104950

Modernised, redecorated split level 2 bed maisonette New kitchen/breakfast room and shower room fittings New windows New floor coverings Garage



L & D Hospital area

£249950

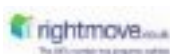
Extended 3 bed semi 25ft Lounge/diner 14ft x 14ft family room Large kitchen Utility area Loft room 3 bathrooms Garage



Vauxhall Park

£119950

GROUND FLOOR 2 BEDROOM MAISONETTE ENTRANCE HALL LOUNGE SEPARATE KITCHEN BATHROOM GAS FIRED C/H UPVC DOUBLE GLAZING GARAGE IN BLOCK



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Connells

PRESS RELEASE

JANUARY 2015

New Year, New Mortgage? Time to Review, says Connells

If your New Year's Resolutions included giving your finances a fresh start in 2015 then it may be an opportune moment to review your mortgage, according to local estate agency Connells in **Luton**. With the start of the year continuing to see low interest rates and a level of unpredictability as to what the general election may bring, borrowers should take steps now to lock into a fixed monthly mortgage payment or, alternatively, look to cut their monthly mortgage outgoings.

"January is typically a time to review your finances and look to the year ahead to see if there are any savings to be made. It is certainly worth reviewing your mortgage regularly and seeing if there are any better products available to you," says **Jay Taylor, mortgage adviser** for Connells in **Luton**.

"There is also 'no time like the present' as borrowers can continue to enjoy the low interest rates currently available, rather than face the prospect of any rate rises that may come in at some point in 2015. Additionally, remortgaging can also be arranged to finance home improvements, to fund the purchase of an investment property or to buy out a joint owner's share of the property," continues **Jay**.

Connells offers mortgage and remortgage advice from its network of branches and has access to many different mortgage products. To speak to a Mortgage Advisor, please call the **Luton** branch on **01582 450999** or email: **Luton@connells.co.uk**



Luton

83 George St, Luton
Bedfordshire, LU1 2AT



Leagrave

185 Marsh Rd, Luton
Bedfordshire, LU3 2QQ



Dunstable

High St, North Dunstable,
Bedfordshire, LU1 1HX



Stopsley

656 Hitchin Rd, Luton
Bedfordshire, LU2 7XH

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luton@connells.co.uk



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Connells

Birdsfoot Lane

£315,000



A stunning 3 bedroom detached bungalow located just off Barton road in North Luton which is one of the most desirable areas to live in Luton. The property has been maintained to a very high standard throughout benefits include entrance hall, lounge, dining area, refitted kitchen, 2 bedrooms and a bathroom to the ground floor. To the first floor is a further bedroom with the potential to add an en-suite. Further benefits include parking for 2 cars to the front leading to a garage to side and a very generous size rear garden. The property comes with easy access to A6 giving great access to Bedford, and is also a short drive from Luton town centre and Luton central train station giving fantastic access into central London. Early viewings come highly recommended to avoid disappointment on this rarely available detached bungalow.

Stockingstone Road

£319,995



This 3 bedroom semi on the ever popular Stockingstone Road area of Luton is a beautiful traditional bay fronted property and briefly comprises of entrance hall leading to 3 reception rooms, kitchen, and cloakroom, further upstairs the property has 3 great size bedrooms and a family bathroom

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Viscount Court
NOW £135,000 **WAS £140,000**



2 Bedroom top floor flat located in a highly sought after location just off Old Bedford Road, opposite Popes Meadow. Benefits include entrance hall, lounge, kitchen, bathroom and 2 bedrooms.

Easingwold Gardens **£180,000**



Be Quick! This 3 bedroom end of terrace is situated on a large plot with lots of potential. The property benefits from entrance hall, kitchen, lounge-diner, family bathroom, detached garage to side and garage in a block! The property also benefits from parking to front and a large rear garden

Runley Road **£245,000**



3 bedroom semi detached property briefly comprises entrance hall, lounge, kitchen, downstairs bathroom, three bedrooms, family bathroom, front and rear gardens and a garage

Marlborough Court
NOW O.I.E.O £125,000 **WAS £130,000**



1 Bedroom first floor flat located within walking distance to the town centre giving easy access to Luton train station and Luton university. The property is in good condition throughout and also comes with allocated parking space

Stockwood Crescent
NOW £95,000 **WAS £97,500**



This 1 bedroom split level, flat is within easy walking distance to Luton town centre and Luton central train station with great links into central London.

Fountains Road
NOW O.I.E.O £270,000 **WAS £285,000**



Connells are sole agents on this commercial unit currently a hair salon with residential accommodation above. The property has huge potential to extend and convert the current property subject to planning permission.



The Ridings
NOW £117,500 **WAS £120,000**



Ideal first time buy or buy to let investment. This 2 bedroom flat is located within walking distance to Bury park and close to Luton town centre and Luton train station, giving easy access into central London.

Crosby Close
NOW O.I.E.O £165,000 **WAS £170,000**



This is a 3 bedroom mid terraced house situated just off Dunstable road, the property benefits of an entrance hall, cloakroom, a lounge/diner, 3 bedrooms and a family bathroom.

Strathmore Avenue
NOW O.I.E.O £310,000 **WAS £315,000**



4 Bedroom detached located in south Luton close to M1 junction 10 and Luton or Parkway train station giving easy access into central London. The property briefly comprises entrance hall, lounge, dining room, fitted kitchen and family bathroom.

Cromer Way
NOW O.I.E.O £295,000 **WAS £300,000**



4 Bedroom detached family home located in north Luton. Benefits include entrance hall, cloakroom, lounge, diner, fitted kitchen, utility area, family bathroom.

King Street **£64,950**



1 Bedroom flat located in the town centre close to Luton train station and Luton university. The property is an ideal buy to let investment with no upper chain

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Thinking of Selling or Letting?

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Connells

Fieldfare Green

Offers in Excess £210,000

Connells are pleased to offer for sale this fantastic four bedroom detached property. This property comprises of a large lounge/diner, kitchen, downstairs cloakroom, two bathrooms and four bedrooms. Also comprises of a garage, and front and rear gardens.

Humberstone Close

Offers in Excess £230,000

****OPEN HOUSE VIEWING THIS SAT 17/01 @ 12:00-13:00**** This three/four bedroom bungalow comprises entrance porch, hall, living room, kitchen/diner, 3/4 bedrooms, bathroom, large garden with front driveway providing off road parking.

Almond Close

£249,995

This detached three bedroom bungalow is immaculate throughout and comprises three double bedrooms, en-suite to master, family bathroom, lounge/diner and a large garden to the rear.

Humberstone Close

£220,000

SEMI DETACHED BUNGALOW This semi detached property comprises entrance hall, living room, kitchen, three bedrooms, bathroom, large garden with front driveway providing off road parking. Early viewing advised to avoid disappointment. Call Connells on 01582 595127 to arrange a viewing.

Sarum Road

O.I.E.O £130,000

Situated in the Chalfney catchment area of Luton this ideal first buy or investment opportunity is offered with no upper chain and briefly comprises entrance hall, lounge, kitchen/diner, two bedrooms, bathroom and allocated parking. Must see! Early viewing advised to fully appreciate this great buy.

Tenby Drive

£184,995

In need of some modernisation this semi detached property briefly comprising entrance porch, hall, lounge, kitchen, three bedrooms, bathroom, front and rear gardens and off road parking for one vehicle.

Bramingham Road

O.I.E.O £210,000

*****THREE BEDROOMS***** Briefly comprising lounge and dining room area (extended), kitchen, three bedrooms, bathroom with the property also benefitting from off road parking. Please call to arrange viewing's and avoid disappointment.

Benson Close

£215,000

***** OPEN HOUSE VIEWING THIS SAT 22/11 AT 13:00-14:00 ***** A beautifully presented three bedroom semi detached family home with off road parking. Situated in the sought after Bramingham Wood area of Luton within close proximity to excellent schools and local amenities.

01582 595 127 185 Marsh Road, Legrave, Luton, Bedfordshire, LU3 2QQ
legrave@connells.co.uk



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Thinking of Selling or Letting?

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Connells

Rutland Crescent

£210,000



MUST BE VIEWED! Situated on the sought after road of Rutland Crescent is this 3 bedroom semi-detached property. The accommodation comprises of entrance hall, lounge/diner, fitted kitchen, family bathroom, front and rear gardens. EPC: D

Chesford Road

£185,995



OPEN HOUSE ON SATURDAY THE 24th, PLEASE CALL US TO BOOK AN APPOINTMENT
This is an extended and generously proportioned two bedroom semi-detached house situated on the sought after Chesford Road in Putteridge. EPC: D

Putteridge

£160,000



OPEN HOUSE ON SATURDAY THE 31st, PLEASE CALL US TO BOOK AN APPOINTMENT
This two bed property is situated in the sought after area of Putteridge in Stopsley. The property is situated within a nice cul de sac and has great scope to extend (STPP). EPC: G

Stopsley

£184,995



ATTENTION ALL INVESTORS!!!
This well proportioned 3 bedroom mid-terrace house is situated on the popular Hallwicks Road. Please call 01582 737069 for viewing. EPC: E

Putteridge

O.I.E.O. £169,995



OPEN HOUSE ON SATURDAY THE 24th, PLEASE CALL US TO BOOK AN APPOINTMENT
This would be a perfect house for a first time buyer or an investor. EPC: D

Buchanan Drive

NOW £182,500

WAS £184,995



Offered for sale in good order throughout is this attractive 3 bedroom terraced property situated within the popular St Annes area. Viewing Advised.



Putteridge Road

NOW £164,995

WAS £174,995



Offered for sale with 'No Onward Chain' is this two bedroom terraced house Putteridge.

01582 737 069
stopsley@connells.co.uk

Jansel House Parade, 656 Hitchin Road, Stopsley, Luton, LU2 7XH



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Lettings | Luton

Call today to arrange your free market appraisal

Connells**AWARD WINNING TEAM AT CONNELLS LETTINGS LUTON**

Lettings Manager Justin Walters and his team at Connells Lettings Luton would like to announce an award winning end to 2014, scooping Lettings Branch Of The Year in the Awards Ceremony at Connells Central Region end of year celebration, beating 27 other Lettings Branches across Buckinghamshire, Bedfordshire, Oxfordshire, Warwickshire, Berkshire, Essex and Suffolk. Due to their continued growth and expansion in the local market across Luton and Central Bedfordshire, Justin would like to welcome the newest member of the team in Luton, Rebecca Burgess, who joined the company in October 2014, who has announced her arrival to the company by storming to the top of the Negotiator League in her first full month. If you have a property to let and would like to work with our award winning team, please call us on 01582 481369 for your FREE Market Appraisal.



Bedford
42 Allhallows Bedford
Bedfordshire MK40 1LN



Luton
83 George Street Luton
Bedfordshire LU1 2AT



Stopsley
656 Hitchin Road Luton
Bedfordshire LU2 7XH



Dunstable
High Street, North Dunstable,
Bedfordshire, LU1 1HX



Leagrave
185 Marsh Road, Luton,
Bedfordshire, LU3 2QQ

LUTON **£875 PCM**



A two bedroom semi-detached family home located in the sought after Bramingham area of Luton, close to various local amenities and local schools. The property comprises a lounge, fitted kitchen/diner with patio doors to garden and a family bathroom.

Chalton **£750 PCM**



One bedroom listed cottage in the quiet village of Chalton, close to the M1. Open plan lounge/diner, fitted kitchen with appliances, ample secure parking. Offered on a furnished basis including WiFi, TV licence and water rates. Available end of January.

LUTON **£900 PCM**



Three bedroom flat located in High Town, close to Luton Town Centre and Luton Train Station. Large living room/diner, fitted kitchen with appliances, three bedrooms, family bathroom, communal garden and a garage. Unfurnished and is available end of January.

BRAMINGHAM



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LARGE FAMILY HOMES IN LUTON!

Flitwick



NOW LET! MORE REQUIRED! PROPERTIES IN AND AROUND
FLITWICK AND CENTRAL BEDFORDSHIRE!

LUTON



NOW LET! MORE REQUIRED! FLATS IN AND AROUND
LUTON TOWN CENTRE!

LUTON**£1,250 PCM**

An immaculate four bedroom detached family home located in the ever popular Wigmore area of Luton. The property comprises a large open plan living area with wooden flooring, an adjoining brand new fitted kitchen with tiled flooring, a downstairs WC, an additional living area/reception room, four bedrooms and a new fitted bathroom suite. Outside, the rear garden features a paved patio area and a lawn. The property also benefits from off-road parking. This property is being offered part furnished and is available soon.

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SEN Casework Officer

£27,323 - £31,160

Fixed term until September 2016

Ref: 50016237

Dedicated to improving outcomes for children and young people with SEN, you will support the implementation of the SEND reforms including the conversation of Statements to EHC plans. Knowledge of current legislation including the new Draft SEN Code of Practice April 2014 will be essential, as will strong negotiation and partnership working skills.

This post is subject to safer recruitment practices.

For informal enquiries please contact Caroline Marriott or Mandy Riddy on 01908 253138 or 253894.

Public Health Principal

£36,676 - £40,254

Ref: 59000521

You will develop, implement and evaluate the impact of key public health interventions while providing public health expertise to Milton Keynes Clinical Commissioning Group and Milton Keynes Council. Your considerable experience of undertaking multi-agency work will be supported by a postgraduate qualification relevant to public health or equivalent.

This post is subject to safer recruitment practices.

For informal enquiries please contact Linda Willis on 01908 254024.

Public Health Support Officer

£17,980 - £19,317

Ref: 50020483

We need you to provide project support across the service area to both consultants and practitioners. Flexible and proactive in your approach with the ability to work on several pieces of work concurrently, you will have a sound administrative experience, knowledge of IT and excellent communication and negotiation skills.

This post is subject to safer recruitment practices.

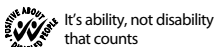
For informal enquiries please contact Gail Addison on 01908 252386.

Closing date: 1st February 2015

Salaries will normally start at the first point of the grade.

To apply online visit: www.milton-keynes.gov.uk/jobs-careers For an application form, email: jobs@milton-keynes.gov.uk

Please quote appropriate reference. We are unable to accept CVs, unless accompanied by a completed application form.



Operations Assistant

£8.25 / hour

Woughton Leisure Centre

Casual post - as and when required

Ref: 59000979

Focused on ensuring that customers enjoy every aspect of their visit this is a varied role that includes the set up and break down of equipment, lifeguarding the pool and maintaining high standards of cleanliness and customer service at all times. All applicants must hold a National Pool Lifeguarding Qualification (NPLQ) or equivalent.

This post is subject to safer recruitment practices.

For informal enquiries please contact Will Allen on 01908 660392.

Intermediate Care Worker

Orchard House

£17,980 - £19,317

Ref: 50018481

Join our multidisciplinary team, and you will provide high standards of care and support. Your main focus will be on maximising an individual's independence following a short period of illness. Willing to work days and nights, weekends and bank holidays and with a full manual driving licence, you will undertake mandatory training to meet CQC standards.

This post is subject to safer recruitment practices.

For informal enquiries please contact the Team Leader on 01908 321359.

Nursery Assistant

Kingston Day Nursery

£13,725 - £15,598 pro rata -

Ref: 50012257

37 hours per week term time only

You will provide high quality care and education to children under the age of five as part of a committed team. You'll help create a welcoming and stimulating learning environment where children can learn through play and grow in confidence. With NVQ2 in childcare or equivalent, you will understand the issues faced by working parents.

This post is subject to safer recruitment practices.

For informal enquiries please contact Bridget Shaw on 01908 281212.

Interview date: 11th February 2015

Forklift Truck Operator

£6.65 per hour

Dunstable, Bedfordshire



Part of the successful Mediaforce Group, Mortimers Logistics is an established transport company based in Dunstable, Bedfordshire. We require an experienced Forklift Truck Operator to work in our busy Dunstable Depot for 40 hours per week. Duties will include picking and checking of loads, loading/unloading vehicles and general warehouse work.

You must be reliable and physically fit as some lifting is involved.

For an application form please telephone Steve Adams on 01582 471155 or to submit your CV email: sadams@mortimers.co.uk

Strictly no agencies.



Driving Opportunities in Dunstable

Part of the successful Mediaforce Group, Mortimers Logistics is an established transport company based in Dunstable, Bedfordshire. Due to continued expansion we currently have full time and casual Driver opportunities.

Class 1 Casual

Class 2 Casual and Full Time

7.5 Ton Casual and Full Time

Newly qualified Drivers will be considered and there will be lots of opportunities to work extra hours.

For an application form or to submit your CV please email Steve Adams: sadams@mortimers.co.uk



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Senior Business Support Assistant – Planning and Land Charges

£19,000 - £22,000

Ref: 59000899

Due to promotion, we need someone with knowledge of planning and land charges to join our team. You will take the lead in ensuring that work is processed within timelines and that team members are fully trained. Your advanced skills in Microsoft Office will be matched by a high degree of tact and diplomacy.

For informal enquiries please contact Geoff Hardy or Fiona Kisch on 01908 252356 or 252905.

Data Hosting Programme Manager

£50,000 - Fixed term for 24 months

Ref: 59001766

You will manage the Council's migration to a new data hosting operating model. We are consolidating infrastructure service delivery into a single new modular on-site data centre, while taking on a commercial partner for off-site data back-up. Prince2 qualified, you will have experience of Data Centre migrations, technology re-platforming and technology upgrade projects.

Risk and Business Continuity Officer

£29,000 - £34,000

Ref: 5002375

You will lead the development and delivery of the Council's risk management and business continuity strategy while raising the profile of business continuity within the wider business community. An experienced risk or business continuity professional with appropriate professional qualifications, you will be an excellent communicator with a flair for building relationships.

For informal enquiries please contact John Pettitt on 01908 252315.

Interview date: 9th February 2015

Business Support Assistant – Planning and Land Charges (2 posts)

£15,000 - £18,000

30 hours per week

20 hours per week

Ref: 59001254

Ref: 59001258

Join our busy team, and you will deal with planning applications and related enquiries as well as processing land charge searches. Able to read maps and plans, you will have the ability to meet and exceed targets. Your excellent customer care skills will be matched by knowledge of a variety of IT packages.

For informal enquiries please contact Geoff Hardy or Fiona Kisch on 01908 252356 or 252905.

Secretarial Assistant – Safer MK

£17,000 - £21,500 – fixed term for two years

Ref: 59001788

You will deliver high quality administrative support to the Milton Keynes Community Safety Partnership (SaferMK) including providing information, arranging meetings and dealing with enquiries. Alongside great IT, interpersonal and customer care skills you will need NVQ3 in business administration and considerable experience of administration in a busy environment.

For informal enquiries please contact Vivien Walden on 01908 254589.

Closing date for all posts: 1st February 2015

To apply online visit www.mksp.org.uk

Please quote appropriate reference

Partnership No: OC380848

Registered address: Civic Offices, 1 Saxon Gate East, Central Milton Keynes MK9 3EJ

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Social Care Assessor

£24,472 - £27,123 per annum plus

£963 essential care user allowance

Full-time at 37 hours per week

Vacancy ID: 102347

Adult Social Care (ASC) is going through an exciting period of change. We are being aligned to 4-GP clusters to strengthen our partnership working with GPs to benefit our clients. You will join a high performing team of professionals and Managers.

As a Social Care Assessor you will receive excellent support to further develop your skills, knowledge and experience. Basic knowledge and understanding of social care legislation and regulations is essential along with your ability to interpret this in a modern context including personalisation.

You should have experience in social care or a health field along with experience of collaborative, partnership and inter-agency working.

You'll have a commitment to customer satisfaction including knowledge of different adult social care client groups.

Closing date: 1 February 2015

School Crossing Patrol

£7.19 - £7.71 per hour, plus supplement to bring

Vacancy ID: 102359

pay in line with the Living Wage, which is currently £14,759 per annum, or £7.65 per hour

Part-time, term time only

Join our great team. Luton Borough Council has School Crossing Patrols at various locations in the town. Whether you are looking for a job to fit in with your family commitments, early retired, or looking for a great part-time position, this could be the perfect job for you. Help us to ensure the safety of children on their journey to and from school morning and afternoon. We offer full onsite training and protective uniform.

Marsh Road/Gardenia Avenue

08.20 - 09.10 15.10 - 16.00

Fixed term contract for 6 months

Marsh Road/Gardenia Avenue

08.15 - 09.15 15.05 - 16.05

For more information only, call Kath or Gina (01582) 546820.

Closing date: 29 January 2015

Apply now online at www.luton.gov.uk/jobs if you experience problems applying online, please call (01582) 546621 during office hours.

Please quote appropriate reference number.

Applicants must be willing to undergo child/vulnerable adult protection screening appropriate to the post, including checks with previous employers and a Criminal Record check.

We value equality because quality services need the best people - from the whole community.



Post: Data Manager- Term time only + 2 weeks (41 weeks)

Salary- L5 (actual salary £18,262.98)

Hours- 37 hours per week

Required for: ASAP

We are seeking to appoint a Data Manager to manage and administer the central recording of student assessments and target settings.

You should be dynamic and enthusiastic and have the ability to work through problems. You will have experience in working within a team environment and be a confident user of spreadsheet, database software and able to work with statistics. A Level 2 qualification in ICT and experience of using Sims is desirable but training will be provided.

In maintaining a range of Administrative systems, notice boards and reports you will provide a comprehensive support service the Academy that is reliable, accurate and fit for purpose. You will need an eye for detail, awareness of quality assurance and be able to communicate with our teachers and wider staff in order to meet deadlines and produce high quality information for parents, the school and government.

If you believe you have the vision and commitment to work in an Academy which seeks to raise attainment and sets the highest standards and expectations, then we look forward to hearing from you.

We offer excellent professional development opportunities and welcome applicants with clear aspirations.

Visits to the Academy are warmly welcomed.

For an application pack or further details please

emailacademyrecruitment@barnfield.ac.uk

Closing date for applications: 02/02/2015 12.00 Noon

Interviews will be held: week commencing 09/02/2015

CV's will not be accepted. The Academy is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. Applicants must be willing to undergo child protection screening appropriate to the post including checks with past employers and the Criminal

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BEDFORD BOROUGH COUNCIL

Daubeney Academy
Orchard Street, Kempston, Bedfordshire MK42 7PS

English Coordinator

Full-time
MPS + TLR 2b £4,338 per annum

The governors and Head teacher wish to appoint a dedicated and inspirational English teacher to enhance the well-deserved reputation for English teaching the school already holds.

We are looking for an outstanding teacher and curriculum leader who:

- can inspire and motivate our staff and pupils
- is committed to continual improvement
- To develop and deliver English across the school
- Is creative and innovative with a passion for teaching and learning
- Has high expectations of children and staff
- Will work in partnership with pupils, staff, parents/carers, academy directors and the wider community.

Music Coordinator

Full-time
MPS TLR 2a £2,587 per annum

The governors and Head teacher wish to appoint a dedicated and inspirational Music teacher to enhance the well-deserved reputation for Music teaching the school already holds.

We are looking for an outstanding teacher and curriculum leader who:

- can inspire and motivate our staff and pupils.
- is committed to continual improvement.
- to develop and deliver Music across the school.
- is creative and innovative with a passion for teaching and learning.
- has high expectations of children and staff.
- will work in partnership with pupils, staff, parents/carers, academy directors and the wider community.

Closing date: 3 February 2015.

Interview date: 9 February 2015.

Cover Supervisor

Full-time
NJC Pay Scale Level 3B Points 16-19

The governors and Head teacher wish to appoint a dedicated and enthusiastic Cover Supervisor to join their friendly and hardworking team. Daubeney Academy has a friendly and supportive professional working environment with a dedicated and supportive staff and Board of Directors, Daubeney Academy is committed to the professional development of all staff.

The staff and Governors of Daubeney are committed to the continual improvement of the learning experience of our pupils. The school has earned a well-deserved reputation both for attainment and pastoral care of its pupils.

In return we can offer you a school which has a friendly and supportive professional working environment with a dedicated and supportive staff and Board of Directors, Daubeney Academy is committed to the professional development of all staff.

Visits to the school are highly recommended. Please telephone Mrs Denise Willis, Head teacher's PA, dwillis@daubeney.bbvle.com tel: 01234 400111.

Completed application forms should be emailed or posted to Denise Willis, Head teacher's PA, dwillis@daubeney.bbvle.com For a detailed job description, person specification and application form please visit our website <http://www.daubeneyacademy.co.uk/vacancies.htm>

Closing date: 3 February 2015, 12pm.
Interview date: 12 February 2015.

Putnoe Primary School (Academy)
Church Lane, Bedford, MK41 0DH

Year 2 Class Teacher
Year 4 Class Teacher

Negotiable according to experience

Putnoe Primary is a very popular and highly regarded three form entry school.

We are looking to appoint 2 enthusiastic and dedicated teachers to join our strong, experienced year 2 and year 4 teams.

We can offer the successful candidate:

- excellent professional development opportunities
- a curriculum that is very well resourced
- excellent ICT, media, sport, science and music facilities

Informal visits to the school are welcome and can be arranged by contacting the school office on 01234 303400.

To apply please download an application pack from our website www.putnoeprimaryschool.co.uk Alternatively contact Eileen Hoare Office Manager on 01234 303400.

Visits are welcome by arrangement.

Closing date: 27 January 2015.
Interview date: 6/9 February 2015.

Bedford Borough schools are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment. The Council is an Equal Opportunities Employer.



BUSHMEAD PRIMARY SCHOOL

Bushmead Road, Luton, LU2 7EU



Assistant Headteacher

Vacancy ID: 102378

£45,421 - £50,118 p.a (L8 - L12)

Fixed term position to cover Maternity leave

Required from April 2015

Are you ready for an Assistant Headteacher role?

Bushmead Primary School is a large, successful and expanding primary school. Pupils at the school are generally well behaved and willing to learn.

One of our Assistant Headteachers is due to start maternity leave in April 2015. Are you the person to cover her duties whilst she is away?

Responsibilities will include monitoring pupil progress and developing the curriculum in key stage 1, induction of all staff, Initial Teacher Training and maintaining an overview of Health and Safety including Education Visits Co-ordinator.

The post is temporary to cover maternity leave. Applications are welcome from experienced colleagues who wish to seek secondment from their current post if this has been agreed with current school.

Year Leader

Vacancy ID: 102379

MPS/UPS plus TLR of £4,284

Required from April 2015 or September 2015,

New Year! New Job!

Are you ready for a Year Leader role in a highly regarded primary school?

We require two suitably experienced and qualified teachers to be Year Leaders initially in Year 3 or Year 4.

You must be highly enthusiastic, inspirational to both staff and pupils and committed to raising achievement throughout the school. You will work in partnership with senior leaders, have responsibility for a class and be accountable for progress of children across the year group.

To apply for either role you will:

- be an advocate of creative teaching and learning and have an excellent understanding and track record of achieving high educational standards
- be an experienced teacher in key stage 2 and have probably worked within a multi-cultural school setting
- be passionate about teaching and learning and believe that you can make a difference to outcomes for children
- be a talented and effective classroom practitioner
- have a passion for teaching and a willingness to coach and develop others
- be able to inspire, motivate and challenge staff and children alike to achieve their full potential
- be supportive to the well-being of every child.

In return, we will offer:

- a vibrant and happy school
- academic standards above national averages
- well-behaved pupils with a strong desire to learn
- supportive and committed colleagues
- excellent professional development.

To apply for this either of the above roles, visit www.luton.gov.uk/jobs

Closing date: 2nd February 2015 at 12noon

CVs will not be accepted for any posts based in schools.

Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment.

Applicants must be willing to undergo child/vulnerable adult protection screening appropriate to the post, including checks with previous employers and a Criminal Record check.



We value equality because quality services need the best people - from the whole community.



THE MEADS PRIMARY SCHOOL

Sawtry Close, Luton, LU3 2UE



Teaching Assistant (2) for SEN

Vacancy ID: 102384

£12,446 - £13,779 p.a.

31.5 hours per week, term-time plus

5 training days

Fixed term until 31.08.2015

'Pupils are positive about their learning and enjoy lessons. They respond swiftly to their teachers' guidance and lessons proceed in a purposeful and calm manner.' Ofsted 2014

The Headteacher and the Governors of The Meads Primary School are seeking to appoint two Teaching Assistants (2) to support children who have a Statement of Special Educational Needs. These posts are available for an immediate start.

You will join our friendly and dedicated team and will be supported by experienced colleagues. Training is available and a key strength of our support team.

You will need to be:

- ready for a challenge
- enthusiastic about learning
- committed to getting the best from children
- have some experience of working in schools
- emotionally resilient in working with challenging behaviours.

We can offer:

- a strong values based school ethos
- a vibrant and welcoming atmosphere with happy children who enjoy learning
- a supportive, hard working and committed staff team
- excellent Professional Development

Visits to the school are welcomed and encouraged, you can also visit our website for further information www.meads.luton.sch.uk; please call Miss Pearce, the School Office Manager on 01582 490905, to arrange an appointment.

To apply for this role, visit www.luton.gov.uk/jobs

Closing date: 28th January 2015 at 12noon

Interview date: 3rd February 2015

Stopsley Community Primary School

Hitchin Road, Luton, LU2 7UG



Teaching Assistant (3)

Vacancy ID: 102374

£12,589 - £14,164 p.a.

25 hours per week, term-time plus

5 training days

We are looking to appoint and adaptable, motivated and enthusiastic SEN Teaching Assistant to start as soon as possible. This role is intended to work with a 1:1 child.

Stopsley Community Primary is a two form expanding to three entry with a friendly, supported and committed team. We are a school on a rapid journey of school improvement and would welcome applicants who will join with us at this exciting time.

The successful candidate will:

- be able to work across the primary age
- be adaptable to a changing school environment
- be proactive
- be able to use initiative
- have high expectation of pupil achievement
- have good classroom management

In return we can offer:

- a supportive and friendly team
- a genuine commitment to your CPD
- lovely children who are well behaved and want to learn

Previous applicants need not apply

To apply for this role, visit www.luton.gov.uk/jobs

Closing date: 23rd January 2015



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Night Transport Supervisor



Attractive salary package
Dunstable, Beds.

Part of the Mediaforce Group, Mortimers Logistics is an established transport business with a large fleet of HGVs and other vehicles. We are a market leader in the bulk distribution of newspapers and leaflets throughout the UK. Due to continued business growth we are now seeking a Night Transport Supervisor to join the team based at our busy depot in Dunstable.

We are seeking someone with experience of working in a busy transport department. Flexible, with a can do attitude, you will be capable of thinking on your feet and demonstrate the ability to resolve issues effectively, both proactively and reactively.

As a key figure within the leadership team, your responsibilities will include tracking all night vehicles and drivers, while keeping control of the transport plan as necessary, and dealing with any issues. You will keep up to date with driver data, infringement analysis, and keep check on other compliance such as driver and vehicle records. You will also conduct vehicle inspections before and after routes, and provide clear pre-brief and de-brief communication to drivers.

You will have the commitment to cover any vehicle routes if necessary and support and keep check on our warehouse, if required.

This role is working nights during the week and would be flexible as the needs of the business dictate. Applicants must have a LGV licence and FLT experience would be beneficial.

To apply, please send your CV to Bill Smith at bsmith@mortimers.co.uk stating your current salary.



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Join our escorted tour by rail to one of the most fascinating and romantic cities in Europe known as the 'city of light'.

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Night Transport Supervisor



Attractive salary package
Dunstable, Beds.

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You will have the commitment to cover any vehicle routes if necessary and support and keep check on our warehouse, if required.

This role is working nights during the week and would be flexible as the needs of the business dictate. Applicants must have a LGV licence and FLT experience would be beneficial.

To apply, please send your CV to Bill Smith at bsmith@mortimers.co.uk stating your current salary.



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Barnfield College

EXCITING OPPORTUNITIES AT BARNFIELD COLLEGE, LUTON

Closing date for all posts 12 noon Friday 23 January 2015
All posts are 37 hours per week / 52 weeks per year

Electrical/Electronics Technician Assessor
 Salary: £17,637 - £21,516
 Provide technician support for students and curriculum delivery teams. The role may also include instructing students in correct Health and Safety procedures.

Compliance and Data Officer
 Salary: £18,900 - £22,751
 Implementing and maintaining a robust high data quality and accuracy. Assist with the preparation for audits, ensure that all learner information is accurate, valid and audit compliant.

Sub-Contractor & Partnership Coordinator
 Salary: £31,470
 Identify, manage and coordinate internal and external subcontractors. Ensure quality assurance and improvement of partnerships. Lead and participate in the work of contracts and partnerships management team.

Sector Training Coordinator
 Salary: £29,672
 To be responsible for a team of Trainer/Assessors who have agreed caseloads and provide occupational training and assessment. Responsibility extends to line management and verification responsibilities for each training and assessment officer. Post includes responsibility for leading the department in quality, standardisation and improvement under the guidance of the Head of Apprenticeships.

For further information please contact 01582 569812 or email recruitment@barnfield.ac.uk
 To apply visit www.recruit.barnfield.ac.uk

Our staff will be accepted for these posts.
 The College is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. Applicants must be willing to undergo child protection screening appropriate to the post including checks with local employers and the DBS. We are an equal opportunities employer.

At Milton Keynes, we're supporting the growth of our vibrant city while continuing to deliver excellent services. It's an exciting place to be and we're keen to get the balance right - including the work-life balance. So if you're looking for family-friendly benefits and the chance to make a difference, make a move to MKC.



Control Centre Operator/Mobile Warden

£17,980 - £19,317

Ref: 50011147

+ 35% Shift enhancement,
 12 hour shifts (rotating days & nights)

You'll respond to emergencies and deal with alarm equipment when acting as a community based Mobile Warden. On other shifts, you'll work as an Operator at our Alarm Receiving Centre, assessing and escalating responses to alarm calls and out-of-hours services. Either way, you'll be helping our service users live independently in their own homes. The ability to make emergency decisions, cover shifts at short notice and use multiple IT systems will be essential, together with a calm, patient approach, excellent communication skills and an eye for detail.

This role is subject to safer recruitment practices.

Closing date: 1st February 2015

Salaries will normally start at the first point of the grade.

To apply online visit: www.milton-keynes.gov.uk/jobs-careers

For an application form, email: jobs@milton-keynes.gov.uk

Please quote appropriate reference. We are unable to accept CVs, unless accompanied by a completed application form.



It's ability, not disability that counts

Central Bedfordshire Council

Central Bedfordshire

PARTNERSHIP, PERFORMANCE & WORKFORCE DEVELOPMENT

● PERFORMANCE IMPROVEMENT ASSISTANT

£19,817 to £21,734 per annum Quote ref: 4931

Full time; 37 hours per week (Maternity Cover)

We need you to provide support and analysis as part of our Performance, Partnerships, and Workforce Development team. You will assist with the development and maintenance of performance information from various sources and the collection, verification, and presentation of data using spreadsheets and databases.

You'll come to us with a willingness to learn the statutory reporting framework for children's social care together with an aptitude for information analysis. Experience of Microsoft Excel will be essential. Knowledge of Business Objects reporting software and framework or other Social Care information system would be advantageous.

For an informal discussion please contact Peter Worthington on tel: 0300 300 6245 or email: peter.worthington@centralbedfordshire.gov.uk

To apply, please visit www.centralbedfordshire.gov.uk/jobs

Closing Date: 1 February 2015

Interview Date: 12 February 2015

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Posts working with either children and/or vulnerable adults will be subject to the disclosure of criminal records.



Central Bedfordshire Council is committed to equal opportunities.

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ARNOLD ACADEMY

Barton-le-Clay, Bedfordshire MK45 4JZ.

Due to the increasing popularity of our school and rise in pupil numbers we are looking to fill the following vacancies:

TEACHING ASSISTANT (AUTISTIC PROVISION)

Level 3A points 15-18 £16,572-£17,714 pro rata (hourly rate: £8.59-£9.18)

PASTORAL SUPPORT ASSISTANT

Level 2C points 12-15 £15,523-£16,572 pro rata (hourly rate: £8.05-£8.59)

Both posts are 30 hours per week term time only plus 5 additional training days. Required as soon as possible.

TEACHER OF MATHEMATICS

(FULL TIME - APRIL OR SEPTEMBER START)

This post would be equally suitable for NQTs or experienced teachers.

If you are interested in any of the above positions please visit our Academy to see us in action. For more information or to arrange a visit contact Mrs Wendy Simpson (Office Manager) on 01582 616400 or email admin@arnold.beds.sch.uk.

Further details and an application pack can be downloaded from our academy website: www.arnold.beds.sch.uk.

Closing date: Friday 30th January 2015. Interview date: Thu 5th and Fri 6th February 2015.

Arnold Academy is committed to safeguarding the welfare of young people. All appointments are subject to enhanced DBS checks.

The best we can be in all that we do

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Barnfield West Academy
 Leagrave High Street, Luton, LU4 0NE

Post: Clerical Assistant
Fixed term until 31/08/2015

Salary:- L2 (£12,956 actual salary)
37 Hours per week, 39 weeks per year - Term Time + 5 inset days

We are seeking to appoint a Clerical Assistant to provide clerical, administrative and financial support to the school office

You should be motivated and enthusiastic and have the ability to establish real rapport with young people.

If you believe you have the vision and commitment to work in an Academy which seeks to raise attainment and sets the highest standards and expectations, then we look forward to hearing from you.

We offer excellent professional development opportunities and welcome applicants with clear aspirations.

Visits to the Academy are warmly welcomed.

For an application pack or further details please email academyrecruitment@barnfield.ac.uk

Closing date for applications: Friday 30 January 2015 12.00 Noon

Interviews will be held: Week commencing 02 February 2015

CV's will not be accepted. The Academy is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. Applicants must be willing to undergo child protection screening appropriate to the post including checks with past employers and the Disclosure & Barring Services Bureau. We are an equal opportunities employer.

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Must be Physically Fit and in Good Health

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BEDFORD BOROUGH COUNCIL

Bedford Borough Council takes great care to recruit the very best people so that the services we provide to our community are first class. We believe that the best work gets done in an environment that's enjoyable and which values, supports and encourages the development of its employees. In return we expect our employees to work hard and be committed to help us achieve our vision and share our values.

Children's & Adults Services

Senior Practitioner BIA

£31,846 - £34,746 • Quote Ref: 0008224

Social Worker

£22,937 - £30,978 • Quote Ref: P000801

Closing date for all posts: 2 February 2015

For full job details visit www.bedford.gov.uk

Posts working with children and/or vulnerable adults will be subject to the disclosure of criminal records.

The Council is an Equal Opportunities Employer.



COMPANY PROMOTERS REQUIRED

Part time flexible hours.

£10 - £12 per hour + Bonus + Commission.

Some travel involved so own vehicle a necessity.

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Carer Vacancies



Age Concern Luton is Luton's largest charity providing help and support to older people. We need an enthusiastic, pragmatic, and committed person to join our successful team.

Hospital Discharge Worker

Salary £7.70 per hour. 25 hours per week (12-5 Mon to Fri)

You will be directly assisting older people as they return home from hospital with domestic tasks and will play a large role in ensuring they are safe and comfortable in their own homes.

This post involves office work as well as visiting older people in their homes around Luton and so would suit a driver. Workers must be physically able to visit multiple addresses, computer literate, and the role is subject to an enhanced DBS disclosure.

Though there is no personal care involved this job is suitable for people with caring experience.

Contact personnel@ageconcernluton.org.uk, 01582 456812, or write/visit Bradbury House, 39 King St, Luton, LU1 2DW for an application pack.

Closing date - Sunday 8th February 2015.

Age Concern value diversity in our staff and services and welcome all applicants.

Volunteers! ageconcernluton.org.uk

Thinking of becoming a volunteer but you are unsure what it involves? Give us a call on 01582 456 812 to have a chat and find out more about this opportunity.

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TLR 1B

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Please telephone Lou Ellis (Principal's P.A.) at the school for further details and an application form; this information is also on our website www.redborne.com

A laptop computer will be loaned to the successful candidate. The successful applicant will be required to undertake a Disclosure and Barring check.

All offers of employment are "conditional" until Disclosure and Barring and qualification checks have been successfully completed and satisfactory references have been received.

Redborne is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Closing Date: Wednesday 28th January, 2015 at noon

Redborne is a successful school that achieves excellent examination results, with 90% of students gaining 5A* - C grades at GCSE (typically over 65% including Maths and English). A Level results are also very good with 56% of passes at A*, A* or B* grades and an overall pass rate of 99%. About 80% of the Sixth Form go on to university: this year 7 students got into Oxbridge and 2 others into Medicine and Veterinary Science. The school is well regarded and popular, situated in a very pleasant area of Central Bedfordshire, within easy reach of London. The school's most recent OFSTED report was excellent and we were graded as "outstanding". Redborne is also a National College Leadership Development School and a Leading Edge School.

www.redborne.com

Health & Medical Vacancies

Secretarial Vacancies



Phlebotomist / Health Care Assistant

We are an expanding organisation delivering high quality care from 10 GP Practices in the Midlands and the South of England.

We are seeking a **Phlebotomist / HCA** for our Birmingham practice in Luton. This is an exciting opportunity for a suitably qualified & experienced individual, committed to contributing positively to the Practice and working with an established and committed practice team.

We are a **GP led organisation** with attractive terms & conditions, NHS pensions & flexible working.

Closing date 26th January 2015.

If you are interested please forward your CV and covering letter to John Brett, Director of Operations & Performance, Phoenix Primary Care Limited, Collingwood Health Centre, Collingwood Drive, Great Barr, Birmingham, B43 7NF.



Administrator

We are seeking an experienced administrator for the Luton Advice Network. The post holder will provide administration support for this successful project; the post holder will have at least 1 year's experience of business administration, maintaining systems and processes, data entry and excellent IT & communication skills.

Hours: 35 hours weekly

Salary: £19,000pa

Annual Leave: 25 days plus public holidays

Contract: Fixed term to 31 October 2015

For an application pack with job description: email chris@lutonrights.org or telephone 01582 453372

Closing date: Monday 2nd February 1.00pm
Interviews: 13th February



Luton Rights is a registered charity in England & Wales (1146500)

Secretarial Vacancies



PRACTICE RECEPTIONISTS

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You will possess excellent organisational and communication skills with experience in front of house and general administrative duties in general practice.

Closing date Monday 26th January 2015.

If you are interested please forward your CV and covering letter to John Brett, Director of Operations & Performance, Phoenix Primary Care Limited, Collingwood Health Centre, Collingwood Drive, Great Barr, Birmingham, B43 7NF.

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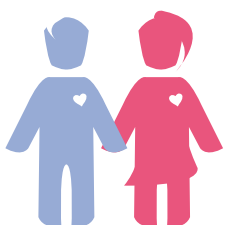
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- 1 Start your text with **LUTON** followed by a space
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Your Valentine's Day message will appear in the Luton on Sunday and online
on Sunday 15th February.

All messages charged at £1.50 per text plus your standard message rate and are subject to approval.
Messages must be booked before 4.30 Friday 13th February & will appear in print and online on Sunday 15th February

Valentine's
Messages



Home Appliances

FRIDGE FREEZER Half and half, ex, cond very clean like new, Bargain £95, could deliver, 07846373784 E95 07846 373784

FRIDGE FREEZER HALF AND HALF, EX COND VERY CLEAN, BARGAIN £95, COULD DELIVER, 07846373784 E95 07846 373784

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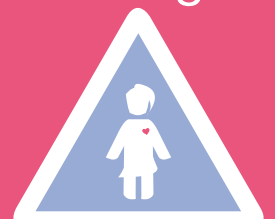
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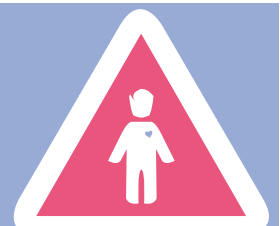
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PUBLIC NOTICES

Licensing Notices

THE LICENSING ACT 2003 NOTICE OF APPLICATION FOR LICENCE

I/We Theromafter T/A The Greenhouse
Of... 23 Crawley Road, Luton, Beds LU1 1HX
Am/are applying for the Variation of a Premises Licence
If granted, the licence will enable the following to take place: sale of alcohol for consumption on the premises / sale of alcohol for consumption off the premises / provision of regulated entertainment consisting of:
Live Music, Films, Alcohol
Monday 10.00 – 02.00
Tuesday 10.00 – 02.00
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Sunday 11.00 – 02.00
Persons wishing to make representations in respect of this application may do so by writing to: Licensing Service, Luton Borough Council, Town Hall, Luton, Beds, LU1 2BQ, within 28 days from the date of this notice. A copy of the Application is also kept at the above address and may be viewed during normal office hours.
It is an offence knowingly or recklessly to make a false statement in connection with an application, the maximum fine for which a person is liable on summary conviction is a level 5 fine on standard scale.
Notice Date... 14/01/2015.....

Licensing Notices

NOTICE OF APPLICATION FOR THE GRANT/OF A LICENCE TO USE THE PREMISES AS A SEX ESTABLISHMENT VENUE

I/WE Theromafter Ltd T/A
The Greenhouse
Of 23 Crawley Road, Luton,
Beds, LU1 1HX.....

Applied for Luton Borough Council pursuant to Schedule 3 of the Local Government (Miscellaneous Provisions) Act 1982, for a Licence to use the premises known as:

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As a Sex Establishment (Sex Shop/Sex Entertainment Venue)

Any person wishing to object to the application should give notice in writing of the objection to the Licensing Service Manager, Town Hall, Luton stating in general terms the grounds of the objection not later than 28 days after the date of the application. The name or address of any person so objecting will not be revealed except with the objectors consent.

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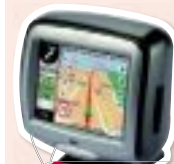
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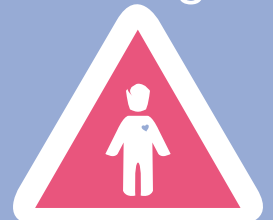
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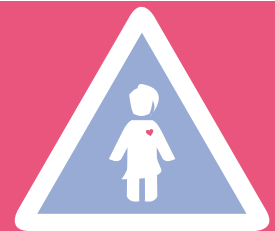
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WHAT'S IN A NAME?

Volkswagen's Touareg range topper is powered by a 262PS 3.0-litre SCR TDI engine that combines a sprint to 62mph in 7.3 seconds with 42.8mpg fuel economy. The R-Line trim is well-appointed and at just over £48,000 it's not bad value for money. The more affordable SE version might just be the better buy though.

Gone are the days when Volkswagen would sell you all manner of weird and wonderful engines for the Touareg. These days there are really only two; an entry level 204PS three-litre turbodiesel unit and the engine we look at here, the higher-powered 262PS version. A healthy 580Nm of torque is available from just 1,750rpm which means that you won't need to thrash the engine to make respectable progress and towing big loads is effortless.

The R-Line suspension is 25mm lower than the entry-level SE's set-up, and it is a bit more talkative as a result, especially on the broken bitumen of city streets. That six-cylinder engine certainly has some lungs though. Punch it away from the line and it'll zip 2185kg of

Touareg through 62mph in just 7.3 seconds and on to a top speed of 140mph.

The styling of the latest Touareg models definitely has some extra sparkle as a result of the most recent facelift. The styling hasn't been radically altered by the net effect is a sleeker, less macho look. The revised bumpers incorporate grilles with more slats than a Ferrari Testarossa and the revised alloy wheel designs are also a good deal showier than the utilitarian look of some of the older designs. A revised colour palette also features and the headlight units have been upgraded to incorporate bi-xenon lamps.

Where this car really scores, however, is as an all-round package. It's a good size, it feels well-built, there's loads of kit included and that engine is a real hauler. Even the price doesn't seem an unreasonable ask given the amount of kit you get.

As good as it is, we can't help but think that the SE model with the same engine might just be the smarter buy. It saves around £3,000, rides better, is more capable off-road and helps take the edge off the sting of depreciation. So while we like the R-Line, we'd probably be looking to save a few bob and end up with a car that's actually a bit better still.

Volkswagen Touareg 3.0 V6 TDI SCR 262 R-Line

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Dunstable Town	0	Paulton Rovers 2
Frome Town	2	Arlesey Town 3
St Neots Town	2	Biggleswade Town 1
SOUTHERN LEAGUE DIVISION ONE CENTRAL		
Barton Rovers	2	North Greenford 0
Bedford Town	0	Rugby Town 3
Hanwell Town	P	Leighton Town P
UNITED COUNTIES LEAGUE PREMIER DIVISION		
Deeping Rangers	2	AFC Kempston Rv 1
UNITED COUNTIES LEAGUE KNOCK-OUT CUP		
Thrapston Town	2	Potton United 4
SPARTAN SOUTH MIDLANDS PREMIER DIVISION		
Amphill Town	2	Hadley 5
Biggleswade Utd	1	Colney Heath 1
Harefield United	1	AFC Dunstable 1
Holmer Green	P	Stotfold P
SPARTAN SOUTH MIDLANDS DIVISION ONE		
Arlesey Town R	P	Bedford FC P
Codicote	P	Crawley Green P
Welwyn Garden C	P	Langford P
SPARTAN SOUTH MIDLANDS DIVISION TWO		
Aston Clinton	0	The 61 FC (Luton) 0
Kent Athletic	2	Old Bradwell Utd 0
Totternhoe	6	Mursley United 2
BEDFORDSHIRE FA JUNIOR CUP QUARTER FINALS		
Bedford United	6	Kempston Athletic 1
Caddington Rg R	2p	Westoning 2
Cranfield Utd R	5	Moggerhanger Utd 0
Stevington	3	FC Houghton Sat 0
BEDFORDSHIRE COUNTY LEAGUE PREMIER DIVISION		
AFC Oakley M&DH	2	Sharnbrook 1
Caldecote	4	AFC Kemp T&BC 1
Flitwick Town	2	Sheff Town & Cam 0
Ickwell & Old War	3	Pavenham 2
Lidlington Utd Sp	P	Wootton Blue Cross P
Sandy	0	Marston S Rovers 3
Wilstead	1	Eastcotts AFC 1
BEDFORDSHIRE COUNTY LEAGUE DIVISION ONE		
AFC Oakley R	1	AFC Harlington 5
Bedford SA	2	Great Barford 7
Elstow Abbey	2	Sheff Town & C R 1
Marabese Ceram	P	Cranfield United P
Queens Park Cres	0	Henlow 1
Riseley Sports	0	Potton Town 2
Sundon PR	4	AFC Kemp T&BC R 0
BEDFORDSHIRE COUNTY LEAGUE DIVISION TWO		
Caldecote R	5	Wilstead R 2
Kemp Hammer Sp	1	Meltis Albion R 0
Marston S Rvrs R	0	Wootton Village 1
Renhold United R	4	Elstow Abbey R 4
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Clifton	5	Mid Beds Tigers 1
FC Serbia Bedford	4	Ickwell & Old W R 3
Lea Sports PSG	3	White Eagles 1
Sheff Town & C A	1	Flitwick Town R 4
Westoning U20	P	Atletico Europa P
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Caddington Rgrrs	L	Square FC L
Crawley Gr 3rds	L	YP Community FC L
Four Model	0	Lewsey Park 2
Jedenastka L	L	St Josephs L
LUTON DISTRICT & SOUTH BEDS DIVISION ONE		
North Sundon W A	1	LU Four 6
Sporting St John's	2	FC Polonia 3
Square 2nds	2	Luton Leagrave 3



HEAVEN IN DEVON: The Hatters celebrate Andy Drury's winner. Luton are now fourth in League Two.

Match winner Drury

HATTERS

**LEAGUE TWO
PLYMOUTH ARGYLE
LUTON TOWN**

**0
1**

BY JAMES CUNLIFFE
sport@lsnmedia.co.uk

GOOD things come to those who wait – and Andy Drury has certainly had to do that.

Four years the midfield maestro has had to bide his time to celebrate a Luton goal but he finally broke his duck in his second. Hatters spell with a classy finish to see off Plymouth 1-0 and put an end to Luton's travel sickness.

Of course Drury has spent much of that time away from Kenilworth Road and he took some time to get going after his £100,000 return in the summer, but in recent months he has been the shining light he was brought back to be. It was just that first strike which evaded him.

That monkey is now firmly off his back.

"The one thing missing from his game has been goals," said manager John Still, adding: "It's the one thing, and I have mentioned it to him, that he hasn't provided us with."

"He's said he's been unlucky on a couple of occasions but I don't believe in luck. He got his goal, put in a first class performance. I can't ask for more."

Town should have emerged with a greater winning margin but, considering they'd not triumphed on their last six away outings in all competitions, this was an ideal way to reignite their promotion bid – and against a big rival too.

The winner, when it arrived, was a wonderfully controlled finish and you wouldn't have guessed it was from a man who missed from two yards against Cambridge earlier this month.

Still said of Drury's effort: "It was a good finish, it really was. He does have that extra qual-

ity. For a person of his quality he'll be disappointed that he hasn't got as many goals as his quality would allow."

"He put in a good performance, he scored a good goal and we're delighted. He can perhaps go from that as well."

Drury's crucial contribution upstaged teammate Jake Howells on his 300th appearance but that won't bother the Luton stalwart who became the youngest Hatters player ever to reach the landmark.

He played his part too in an advanced role and could have capped his afternoon with a goal but for a tame shot at Luke McCormick's legs.

It's easy to forget that the midfielder, who came up through the club's ranks, is still only 23 years old, but even he wasn't in the picture the last time Town travelled to Home Park nine years ago, back in the heady heights of the Championship.

This time, the Hatters nicked it and it was no

Luton get back to winning ways at Woodford

RUGBY UNION

BY TIM BARTLETT
sport@lsnmedia.co.uk

A 31-10 away victory for Luton RFC on the road to Woodford in London One North saw them climb the league table to ninth – and they might have just turned a corner after just one in six before yesterday's game.

"The collective thoughts of the coaching staff here are that it's a step in the right direction," said Luton's skills and attack coach Chris Parr.

"In the first half we controlled the game, we let things slip slightly after half time, but we stuck it

out and got the result."

Two tries from Tabo Madiri on his first team debut, two more from Jonny Wright and one from Tesh Edwards – who assisted in all four of the other tries – secured the bonus-point win for the travelling Lutonians, with Rik Hobbs adding two conversions and Scott Aspinall one.

"Sam Pacey was the man of the match for us," said Parr. "He carried the ball really well and had great soft hands – we've not really seen that from him before and he won a crucial penalty when we were camped on our five-metre line."

In Midlands Two East South, Dunstablians shut out Leicester Forest 15-0, in what was a 'must win' game if they are to stay in the division

and avoid the drop. Dees started the day at the foot of the table, with their opponents 11 points and one place above them – and while they missed out on a bonus point, they've now closed the gap to seven points, with eight games to play.

Matthew Knight scored first for the Dees, converted by Gavin Stout, to set up a 7-0 half-time lead, which was extended when Stuart Calder crossed the whitewash after the restart.

With the game won Dees' hooker Alex Ayres, calmly slotted the ball through the sticks with a drop goal to send the home crowd into a frenzy.

"We have an unfaltering belief we can put enough wins together this season to climb out of trouble," said Dees' Rob Charles.

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FINDING A WAY: Scott Griffiths battles with two Plymouth players, left, while Shaun Whalley goes up for an aerial ball, right.

Pictures: Gareth Owen

ends his wait for a goal

more than they deserved as they dominated throughout.

There was just one change with Shaun Whalley taking the place of Luke Rooney, who missed out with a groin problem, and much of Town's first half play went through the Liverpoolian winger.

Luton passed Plymouth off the park but when the breakthrough came it was from a set-piece. The home side failed to notice Nathan Doyle lurking on the edge of the area and the corner went straight to the midfielder. His shot was blocked but the ball broke to Drury and he stroked home with placement rather than power.

Both teams had the ball in the net in the first period with Ruben Reid's header ruled out for a foul, while Jayden Stockley had been adjudged offside. It was a close call.

Mark Tyler had little to do in the Town goal until the half hour mark when Curtis Nelson rose highest to meet a free-kick, but couldn't direct it either side of the stopper.

The visitors should have doubled their tally just before the interval when Carl McHugh miscontrolled a pass from McCormick only for Whalley to fluff his lines too.

But there was to be no sting in the tail. None at all. After the restart, Town coasted to a 13th clean sheet of the campaign.

Usually that would be a credit to captain Steve McNulty and co but they really were untroubled save for a manic minute late on.

Argyle condensed all their chances into the 86th minute when Reid twice bullied his way to the byline, but Luke Wilkinson and Stockley saw out the danger.

Moments later, the striker was denied a run through on the Plymouth goal with a fantastic saving tackle.

More goals would have been deserved – as they have for a month or more – but, with transfer talks to come with Andrew Johnson on Monday, perhaps the wait for those will soon be over too.

Plymouth: McCormick, Nelson, McHugh, Flanagan, Mellor, Cox (Harvey, 45), Blizzard (Thomas, 58), Lee, Purrington, Alessandra, Reid

Unused subs: Bittner, Richards

Luton: Tyler, Smith, McNulty, Drury, Howells, Griffiths, Whalley, Harriman, Stockley, Doyle, Wilkinson

Unused subs: Lacey, Wall, Cullen, Justham, Robinson, Connolly, Walker.

Referee: Keith Hill.

Att: 8,402.



AWAY DELIGHT: Jonathan Smith is held off

Rovers see off United to keep in touch with play-off pack

FOOTBALL

BY NICK SMITH

sport@londonmedia.co.uk

DUNSTABLE Town suffered their second successive defeat yesterday, falling to a 2-0 home loss against Paulton Rovers.

Goals either side of half time put the hosts to the sword in their Southern Premier League clash.

The first came in the 24th minute through Mitchell Page, before Brandon Barnes finished the game off with a late second for the visitors.

The result sees The Blues remain in 11th place but they are now without a win in four league games.

In the Southern League Division One Central, Barton Rovers ran out 2-0 winners against visiting North Greenford United.

The first chance fell to the hosts after just nine minutes, when Rhys Hoeness' chip beat the goalkeeper but went just over the cross-bar.

However, Rovers didn't have to wait long for the deadlock to be broken.

Kevin Kilroy's header gave the hosts the lead with 13 minutes gone.

After the restart, Barton had a gilt-edged

chance to double their lead.

Jevani Brown was bearing down on goal with only the goalkeeper to beat, but his shot missed the target.

The game should have been out of sight when the second goal finally went in, with Barton in total control.

Good work down the right from Hoeness saw enough space open for him to whip a cross into the danger area.

Connor Vincent got on the end of the ball to poke it home and give Barton some breathing room as they held out for the victory.

Barton remain in seventh after the victory and are four points adrift of a play-off spot.

In the Spartan South Midlands Premier Division, AFC Dunstable drew 1-1 away at Harefield United.

Newman Carney put AFC into the lead from the penalty spot but Harefield were back on level terms before the break.

Dunstable played much of the second half with ten men after Moses Olaleye's red card but they hung on for a point and are second in the table, three points adrift of leaders Kings Langley having played two more games.

In Division Two, The 61 FC drew 0-0 at Aston Clinton, Kent Athletic beat Old Bradwell United 2-0 and Totternhoe were big 6-2 winners against Mursley United.

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Howells 'emotional' as he joins the Luton 300 club

MILESTONE: Jake Howells playing in his 300th game for Luton at Plymouth yesterday.
Picture: Gareth Owen



HATTERS

BY JAMES CUNLIFFE
sport@lsmmedia.co.uk

JAKE Howells admitted to feeling "emotional" as he marked his 300th appearance for Luton Town in a 1-0 win at League Two promotion rivals Plymouth Argyle.

The left-sided midfielder made his debut as a 17-year-old and his appearance at Home Park made him the youngest Hatter, at the young age of 23, to reach the landmark. "It's a weird feeling," Howells said, adding: "It's quite emotional to be honest."

"When I made my debut against Huddersfield I never thought I'd play this many games at the age of 23. It's unbelievable."

"I'm just proud of myself, the fans, the players, everyone that's backed me and all the managers that have played me."

Howells got his break-

through into the first team during Luton's painful slump down the Football League and into the non-league where their five-year exile was finally ended last term.

He said: "I've seen all the lows. I think I've been at the lowest point you could [be] - getting relegated two leagues in a row."

"It's not easy and I've had problems off the pitch as well as on the pitch, but ups and downs are part of football and I'm over the moon to play 300 games for this club."

It put Howells 22nd in the all-time appearance list but he beat the age record previously held by Town legend Ricky Hill, who was a year older when he made his 300th appearance.

When told that, the midfielder said: "That's amazing. I think it is rare. Even the gaffer has spoken about it. To play as many games as I have at my age

is unbelievable and it's unheard of."

"I just want to play as many games as I can and to play 300 is an amazing feeling. I can't really put words to it."

Manager John Still revealed that the squad gave Howells a round of applause before the game and afterwards joked: "He must have started playing when he was nine."

He added: "It's a fantastic achievement, 300 games, 23 years old, that's incredible, it really is."

"What pleases me for Jake is that he's seen some down times and he's seeing some up times now."

"We're all quite proud of what he's achieved."

Howells also hailed Town's first league win in four attempts as Andy Drury finally opened his account for the season.

"I think the most important thing is that we won. It was a big three points," he said.

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FIND US IN:

The Galaxy Centre, Bridge Street
Park for free between 6pm and 8am at The Mall

Xpressions Aesthetics

Farah Syed Qualified in Medicine and completed the Specialist training as a Botox and Dermal Filler practitioner. She is currently working at XPRESSIONS beauty and aesthetic clinic as an in house practitioner performing cosmetic and Medical procedures including laser skin rejuvenation chemical and Green herbal skin peels Reflexologist, Medical Microdermabrasion and minor surgery (mole, tags and warts removal)

Since qualifying she has extended her range of cosmetic and medical procedures

Here are a few Examples for you to know some of her expertise.....

She is a dedicated and qualified Dietician/ Nutritionist with 8 years' experience offering dietary advice to help people develop healthier diets and lifestyles. She is a positive, passionate and professional person who loves helping people look and feel the best they possibly can. She is also a qualified personal Trainer and Fitness instructor her key skills are in exercise programming and rehabilitation, Fitness assessments, muscle testing and function, one-on-one training and group exercise sessions, health promotion work and occupational first

aid. She can demonstrate her passion for fitness, health and overall wellbeing. She teaches, helps and coaches people to achieve their general health, fitness goals and improve their lifestyle.

She is a specialist in cosmetic and Medical tattooing with over 7 years professional permanent makeup experience in the industry, she is recognised as being a top semi-permanent make-up artist. Medical tattooing includes: areola enhancement, cleft lip reconstruction, scalp camouflage, vitiligo camouflage, scar relaxation, Skin needling and Meso Vytal.

She is a leading hair and makeup artist and make up coach Qualified by CELEBRITIES MAKE UP ARTIST Naem Khan. Her services include makeup lessons, Remi human hair extensions, individual 3D eyelash extensions, acrylic and gel Nail extensions, hair styles, party and wedding Makeovers.

After completing a beauty diploma She decided to be trained as a lymphatic drainage therapist and as a (Hijama) cupping therapist (specific pressure techniques) proven to aid the detoxification of the body, the regeneration of skin tissue, boost the body's immune system and have anti-ageing effects.

I'm sure while we are reading this she is up for something even more challenging and exciting.

Farah is known for her calm, polite, Considerate and professional manner, and with her Natural Inventive ability for art, 10 years of experience and her incredible knowledge about anatomy and physiology you will leave her clinic safe in the knowledge that you have received the best possible care.

Since we launched our establishment 9 years ago, Xpressions beauty clinic focuses on you. We pride ourselves in offering the highest standards of beauty treatments. We continuously invest in our staff with training courses both in-house and externally so you can expect outstanding service with every visit and relax in the safe hands of one of our fully qualified experienced therapists.



Say GOODBYE to wrinkles in NO TIME Or Lip injections with PAINLESS ADVANCED TECHNIQUES to plump the lips for months at a time.....

These are the Fillers we use
Restylane, Perlane, Juvéderm, Teosyal, Radiesse, and Sculptra
BOTOX 1 AREA - £99 BOTOX 2 AREA - £175
BOTOX 3 AREA - £225
DERMAL FILLER FROM £149

Semi permanent Makeup

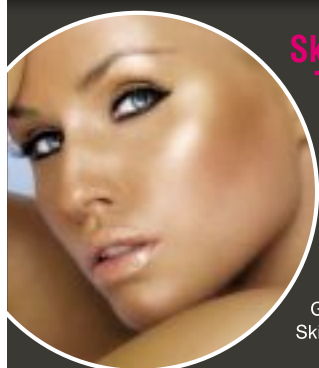
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	Was	Now
Lip line and colour	£300	£75
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(Limited slots available)

Permanent cosmetics will last From 1-3 years.

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Treat yourself to smooth and Fresher skin with skin Exfoliating Treatments

Medical Microdermabrasion.	£29.99
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Green peel (From)	£74.99
Skin Needling (From).	£64.99



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Tags and Warts from £25 Thread Veins from £35

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